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PROXIMATE COMPOSITION OF AMERICAN FOOD MATERIALS

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INTRODUCTION

The first comprehensive tables on the composition of American foods were issued by Atwater and Bryant in 1896. These tables, revised and expanded in 1899 and finally reprinted with minor changes in 1906 (*3*), [1] have served admirably as a standard of reference, and are still satisfactory for many foods.

In the meantime, however, new fruits and vegetables have been introduced and have found a place in our gardens and on our markets. Commercial methods of processing have undergone great changes and development, and there has been progress in the development of food standards. As a result there are many processed foods on our markets now that were not known 30 years ago, and many of the old established types have changed.

In recent years there has been popular demand for new food tables, less detailed than those in the older bulletins, and yet extended to include a comprehensive list of the foods used in present-day diets. Such tables, giving only the representative or average values for foods, would serve as a convenient handbook for use in planning and calculating diets.

This circular has been planned to meet these needs, and includes under one cover average values on the composition of an extensive list of natural and processed foods of animal and plant origin. These averages furnish a working basis for diet calculations, but they do not give any information with regard to the variability of foods. For this and other technical information the present tables must be supplemented by the earlier tables (*3*, *5*, *7*, *8*).

[1] Italic numbers in parentheses refer to Literature Cited, p. 91.

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It should be recognized that all types of natural foods are variable in composition and that some are conspicuous for their variability. Fruits vary in their sugar, acid, and water content over a wide range, depending on the variety, the amount of sunlight during the growing period, the stage of maturity, and the length and conditions of storage. The fiber content of the part eaten may be less than half as much when the fruit is peeled and the seeds or other fibrous but edible parts are removed as it is when such parts are included. Vegetables vary in much the same way. Meats vary in all the constituents of the edible portion depending, first, on the proportion of separable lean and fat in the particular piece, and second, on the fatness of the animal. Fish of some one species may have 8 or 10 times as much fat, and at the same time somewhat more protein, at one season than at another.

Besides these natural variations in fresh materials, others are introduced in many cases through processing. Fruits may be canned in plain water or in sirups ranging in concentration from light to very heavy; when fruits are dried the amount of water left in them is far from constant; likewise with vegetables. Grains are milled variously, and the highly specialized foods, such as breakfast cereals, crackers, and cakes, can be made from various mixtures of ingredients; and the manufacturer may change these ingredients and their proportions from time to time. Meats, fish, and shellfish when cured in various ways are desiccated to some extent; salt is usually added, much or little, and the composition of the resulting material, which was variable beforehand, becomes even more so. Still further variations in almost any food are introduced by cooking.

Because of this variability, maximum and minimum values are reported in many tables. These represent the range in composition. For dietitians and in fact for others who must estimate the protein, fat, and carbohydrate content of individual foods and of whole diets, it is well to recognize this variability, but it is not necessary to know the exact extent of it. All that is essential is to have representative or average values to use as a basis for such estimates. Yet averages will not be the same in different food tables since foods themselves are so variable. Moreover, any given average will not necessarily represent the exact composition of the particular sample at hand. How well it fits a given sample will depend in some measure on the extent to which the given food tends to vary and, in addition, on how good the average is. How representative the average may be depends on how carefully the analytical samples have been chosen to represent the food, on the accuracy of the analyses themselves, and on the number of analyses on which the average is based.

Any compilation, including the present one, contains averages of varying degrees of accuracy. The average or representative values that have been prepared are, however, as nearly correct as is possible at this time. When additional data become available as a basis for more satisfactory averages, it is anticipated that certain revisions will be made. Certain changes in the data may also be indicated in keeping with the establishment of new standards for food products, that may be promulgated from time to time. The table on food values will in general, however, serve as a satisfactory working basis for dietary estimates.

SOURCES OF DATA

The findings from a very large number of original analyses representing the work of many laboratories, domestic and foreign, are summarized in table 2. For the most part, the writers have examined the original reports and have studied the original data critically in selecting material suitable for use in this summary.

Some of the data used are from unpublished records, but the great majority are from published sources. These are too numerous to cite in detail. Only the publications that provided a great many data that could be used with little, if any, alteration are cited. These are previous publications of the Department (*3, 4, 5, 7, 8, 10*) which are for the most part compilations and not in the strict sense original source material. They are based in large measure, however, on data that the authors have examined in the original. Values have been used from these compilations if they still provide reasonably close estimates of the foods in question, or, failing that, if they represented the best estimates now available. Data on fresh lamb have been taken almost directly from material issued by the Bureau of Animal Industry.[2]

Aside from these instances, previous summaries and compilations have been relied on in only a few exceptional cases. For many foods in the table the values have been newly derived. This is true in case no earlier summaries were available, or in case revision of the earlier averages gave more representative figures. In only a few cases have all of the figures on a given food item been borrowed without credit directly from a single investigator, and they may have been based on a single analysis or on his own average from several.

DERIVATION OF DATA

In general, the figures are based on direct analyses of the food in question. In most cases they are arithmetic averages of analytical values regarded as valid; a few were derived by methods such as those described in another publication (*5*). Of the values not based on direct analyses, some are calculations from recipes or commercial formulas, while others are essentially arbitrary.

Although some arithmetic method of derivation was always the method of choice there were instances in which such a process was for some reason inadvisable. If data were too few or altogether lacking, if the samples analyzed were not typical of market samples, or if there was reason to question the validity of the analyses themselves, then arithmetic results were discarded in favor of values derived less objectively. If, in such cases, recipe calculations were suitable, these were based on standard recipes or formulas and the results were used directly or in compromise with averages of analyses of actual samples. In other cases where arithmetic values could not be derived, the data presented are more or less arbitrary, representing essentially the authors' judgment based on knowledge of similar or related foods.

For the purpose of the present table no attempt has been made to identify the figures according to the method by which they were derived. Such identification would serve no special purpose since no

[2] HANKINS, O. G., and HOWE, PAUL E. THE APPROXIMATE COMPOSITION OF CUTS FROM LAMB CARCASSES OF DIFFERENT DEGREES OF FATNESS. (U. S. Bur. Anim. Indus.) 2 pp. 1938. [Mimeographed.]

one method of derivation consistently gave more representative results than another. Values of various degrees of accuracy were obtained by any of the methods, depending on the variability of the food and the limitations of the original data. Effort has been made in all cases, however, to present values that approach the normal ones for each food material.

EXPLANATION OF TABLE AND MEANING OF TERMS

The term "fresh" is used in table 2 to designate foods in an essentially fresh state; it is not meant to exclude foods that have been subjected to storage or freezing, if these conditions have not grossly altered the proximate composition. In other words, foods are designated as fresh, in contrast with cooked foods or ones materially altered by drying or processing.

"Edible portion" (E. P.), as used in this table, is usually self-explanatory, meaning the part most commonly eaten. In some cases this part is directly defined in the descriptive column, and in others it can be inferred from information on the refuse and the "as-purchased" basis.

The meaning of the term "as purchased" (A. P.) is usually defined unless it is obvious. In some cases where it is not defined and not obvious, it can be inferred from information on the edible portion and refuse. The chemical data that are given on the as-purchased basis relate only to the edible portion; they are calculated to the basis of the purchased weight but have no bearing on the composition of parts regarded as inedible. In effect, this calculation is merely an allowance for loss or waste as refuse. It facilitates estimations of nutritive value in cases where the weight of the edible portion is not known and only the purchased weight is available. For example, Brazil nuts contain, in the edible portion, about 14 percent of protein and 66 percent of fat. Since the purchased weight contains 50 percent of refuse, only 50 percent is edible, and this reduces the percentages on the as-purchased basis to about 7 percent and 33 percent, respectively.

The term "refuse" relates to the portion that is commonly discarded in preparation, that is, the portion of the purchased material not usually eaten. Often it includes parts, like potato skins, that are edible but frequently discarded. The part included in it, when this is neither defined nor self-explanatory, may be inferred from information on the as-purchased basis and the edible portion.

The chemical terms used in the headings relate, in general, to the constituents as they are usually determined by the prevailing methods for food analyses, and generally they are comparable to those stated by the Association of Official Agricultural Chemists (*2*).

Water, as reported, indicates the amount of free moisture in the food, and represents the substance that would be lost in drying the material under specified conditions of analysis.

Protein, in nearly all cases, is total nitrogen times some factor that is considered appropriate to use for the particular food. In a great many cases this factor is 6.25. There are, however, numerous exceptions, as for example patent wheat flour which is conventionally calculated as $N \times 5.7$. Other foods in which factors other than 6.25 have been used include cereals and cereal products, certain nuts and

oilseeds, gelatin, milk, and milk products. For the most part, the factors used were those published by Jones (*11*), or those personally communicated by him to the writers.

In foods that are mixtures of several materials it is customary to use the factor 6.25, and such a practice was followed in the majority of cases. However, if a better estimate of the total protein could be obtained, in the authors' opinion, by the use of a factor suited to the ingredient that contributed most of the protein, a value derived in this way was substituted. Thus, in most white breads, even those made with some milk, the protein is N×5.7, while in cakes it is N×6.25. In a few foods where much of the nitrogen is nonprotein in character it would overestimate the protein to calculate it as total nitrogen times some factor. In these cases, designated by parentheses, a more reasonable protein value has been estimated either somewhat arbitrarily or on the basis of biological experiments.

"Total" carbohydrate in the majority of cases is reckoned as carbohydrate by difference, that is, as the difference between 100 percent and the sum of the percentages of water, protein, fat, and ash. This measure includes starch, dextrin, and sugars, and is to this extent an approximate measure of the total carbohydrate that can be utilized by the body. However, it tends to overestimate the available carbohydrate since it also includes crude fiber and organic acids, when present, and any undetermined solids.

Certain values in this column are not calculated by difference; these particular figures are enclosed in parentheses. They represent essentially the quantity of carbohydrates and organic acids that are available to the body. Theoretically, they differ from the values derived by difference in that they exclude the fiber, the undetermined substances, and any carbohydrates that are not considered as available. Some of these values are based on direct determination of such substances as starch, dextrin, sugars, and acids; others are based on evidence from biological experiments.

Total carbohydrate is reported as zero for fresh muscular meats and fish. Although it is frequently present in these tissues, it is generally less than 0.5 percent as indicated by direct determination in numerous specimens.

"Nitrogen-free extract," that is, total carbohydrate excluding fiber, is not given in these tables, although this measure is preferred by some for estimating the quantity of carbohydrate in foods. It has some advantage over total carbohydrate as a measure of the part available to the body and may be calculated if desired, except for some of the fiber-containing foods for which data on fiber are lacking. The calculation is made by subtracting fiber from the total carbohydrate. This type of estimate has been used in most cases as a basis for the carbohydrate classification of fruits and vegetables (p. 14).

Sugars are not reported on a strictly uniform basis, partly because the data in the original reports did not permit of this, and partly because foods of different classes differ in the predominating sugar. For most fresh and dried fruits and vegetables and for many other foods the values for sugar represent total sugar as invert or as dextrose; for many foods they represent the direct sum of sucrose and reducing sugars. In milk and milk products, the predominating sugar is lactose. For these the values reported represent lactose by difference

and include, therefore, not only lactose but lactic acid and any undetermined solids.

The starch values represent results from determinations by conventional analytical methods. Dextrins are often included in the portion reported as starch.

Acid is the total free acid, calculated in most foods as malic (m) or citric (c) acid, depending on which was considered to predominate. In the few foods where lactic (L) acid predominates, total acid is calculated to that basis, and in vinegar it is counted as acetic (a) acid.

Fat, determined as ether extract, includes not only true fats but various other ether-soluble substances, such as fatty acids, lecithin, and plant pigments.

Ash is the residue from burning the dry substance until it is free from carbon. In prepared products that are heavily salted, such as caviar, soy sauce, olives, and salted, pickled, and smoked fish, much of the ash is common salt. Salt and residue from baking powder or other leavening agents constitute much of the ash of baked goods.

The fiber, determined chemically as crude fiber, gives an approximate measure of the fibrous portion of plant foods. It is usually counted in the total carbohydrate and, therefore, as contributing to the total calories, although it is admitted that the fibrous portion is not readily available to the body. Fiber is not present in any of the animal foods.

Fuel value is expressed in calories and is calculated on the basis of the conventional physiological values, that is, 4 calories per gram of protein and of carbohydrate, and 9 per gram of fat. In general, the figure for total carbohydrate was the one chosen for this calculation. Alcohol is calculated at 7.1 calories per gram. When no data were available on any one or more of these constituents and there was a reasonable assumption that these constituents were either absent or present in negligible quantities, calculations were made from such constituents as were reported. The values are given to the nearest calorie per 100 grams. The calories per pound are given to the nearest 5 for all foods, except meats, poultry, game, meat organs, and meat products. The latter are reported to the nearest 10 calories per pound.

Parenthetical values in the protein and carbohydrates columns of the table have been mentioned. All values in parentheses are reported on a somewhat different basis from that of other figures in the column. In general, the figures not so marked relate to the total quantity of the particular constituent as it is determined chemically or calculated conventionally. The parenthetical values are substitutions that are presented in place of these more direct analytical values. They relate in general to the quantity of the constituent that the authors estimate is utilized by the body.

Where no figure is given it sometimes signifies that no satisfactory value was available for the constituent in question, although there is reason to suppose it to be present. In other cases the constituent is assumed to be absent.

A zero indicates that a particular constituent has been reported as absent or is low enough, usually under 1 percent, to justify neglecting it in diet calculations. In a few instances, zero appears in the tables as a parenthetical value to indicate that the constituent, though present in appreciable quantities, should not be reported. In such

cases the authors' opinion is that the greater part of the constituent in question is not in a form that is used by the body and that the remainder is so small that it should be disregarded in dietary estimates.

The following key summarizes the abbreviations and symbols used:

a, acetic
A. P., as purchased
c, citric
Do., ditto
E. P., edible portion
Excl., excluding
Incl., including
L, lactic
m, malic
Ref., refuse
Tot., total by difference, including fiber
Wt., weight
( ) see text for discussion of parenthetical values, pp. 5 and 6.

NOTES ON CERTAIN CLASSES OF FOODS AND ON USE OF DATA

MEATS AND POULTRY

The edible portion in the fresh and cured meats is the lean meat and visible or separable fat, with the exceptions noted as "lean meat only." The refuse is bone or in a few cases, especially pork, it is bone and skin.

Fresh wholesale cuts of the commoner kinds of meat are classified by fatness. In beef these classes, according to fat content, correspond fairly well with commercial grades of beef, of the steer or heifer classes. The commercial grades are indicated in the table. In the case of veal and pork, the association of fatness with grade is probably no less distinct, but it has not been as clearly established. For these meats the medium class relates to the stage of fatness believed to correspond with the grade, or grades, now sold in the greatest volume in the retail markets; the fatter meat, in general, comes from higher commercial grades. In lamb the intermediate class may be considered as representing the commercial grade Good. In the case of pork the medium fat class also corresponds roughly to carcasses that would be graded Good. Data on the fat class would be more appropriate to use in calculating the composition of the Choice grade of the fat or lard type of pork, while those on the thin class would be better to use for meat from carcasses graded Common or Medium.

Wholesale cuts are standard cuts, for the most part according to Chicago methods or those described in a United States Department of Agriculture publication (*9*).

Retail cuts are highly variable in their composition since the practice of cutting and trimming is far from uniform. Data on the wholesale cuts are, therefore, all that are presented in the tables. Often the retail cut may be very similar in composition to the wholesale cut from which it comes. This is especially true when the retail cut is a section or slice from a wholesale cut that is fairly uniform in physical composition from end to end and not trimmed much for retail sale. Pork chops from any one pork loin, though not precisely alike, are not grossly dissimilar; the same is true of a series of round steaks all cut from one beef round.

For purposes of estimating the composition of any retail cut that is distinctly different from the corresponding wholesale cut in its proportion of lean, fat, and bone, the best index to its chemical composition is the proportion of visible fat. Data on the edible portion of some other wholesale cut with a similar proportion of visible fat will provide the basis for reasonably good approximations in certain

cases. Estimates based on the proportion of visible fat in the edible portion only will, in general, be more accurate than those based on the proportion of fat in the as-purchased weight.

To estimate the chemical composition of a retail cut that is chiefly lean, as flank steak of beef, the proportion of visible fat in the edible portion should first be estimated, by dissection or visually, in the cut in question. Suppose that it contains only about one-twentieth, or 5 percent of visible fat. The wholesale beef cut that comes nearest to this quantity is thin foreshank. The edible portion of such a cut contains 7 percent of visible fat, 6 percent of fat as ether extract, and 21 percent of protein. These values may be considered as giving a better approximation for such a lean piece of beef than the values of the corresponding wholesale flank, since the latter obviously contains far too high a proportion of visible fat.

It is more difficult to estimate the composition of retail cuts in terms of the weight as-purchased from data on wholesale cuts, especially if the retail meat has had much of the bone removed. Such approximations can, however, be made if a wholesale cut of the same grade and similar lean, fat, and bone content is selected as a basis.

Lean meats from animals other than those included in the table can be estimated from the general figures for game animals.

In rabbits the allowance to be made for refuse depends on the basis of purchase, whether purchased with or without the edible giblets and whether purchased on the live-, drawn-, or dressed-weight basis. On the live-weight basis refuse is relatively high since it includes entrails, pelt, head, and feet in addition to the bones. The terms "drawn" and "dressed" have a somewhat different meaning as applied to rabbits from what they have as applied to poultry. Drawn weight, in the case of rabbits, refers to the weight after removal of the entrails. On this basis refuse consists of pelt, head, feet, and bones. Dressed weight refers to the weight of the drawn, skinned carcass with head and feet removed. Refuse in this case is essentially bone.

Chickens of several commercial classes, according to weight and age, are recognized in most markets. Wide variations in fatness and in proportion of refuse and edible part are to be expected from class to class, and the table shows such variations. Because these classes differ so widely, it is not desirable to establish figures for chickens in general. Clearly, figures for the class in question would be preferable as a basis for any dietary estimate. For this reason, no single set of figures for all chickens is offered in the table. If approximate values must be used in diet estimates for want of information on the class or on the weight or age of the chicken, then the values for roasters are probably the best choice.

The basis of purchase, that is, whether as live, dressed, or dressed and drawn chickens, determines the allowances that should be made for refuse or waste even more than does the commercial class. Such allowances are only crude approximations at best. Very large errors will be introduced into diet calculations if poultry purchased and weighed alive is reckoned on the basis of the drawn weight. This is shown by the contrast, within any one commercial class, between

the values on the several as-purchased bases. "Live weight" is self-explanatory. "Dressed weight" is the weight after removal of blood and feathers, either before or after chilling. "Drawn weight" is used here briefly to refer to the weight of dressed and drawn fowl. It is appreciably lower than dressed weight since it relates to the weight after the blood, feathers, head, feet, and inedible viscera have been removed.

"Total edible" in the poultry items in the tables refers to the total of flesh or muscle, the skin with any external fat, the edible viscera or giblets, and the internal fat. The giblets are heart, liver, and empty gizzard. In cases where the part counted as edible is not as inclusive as this, the refuse includes parts, like the fat, that are really edible but may be wasted.

Although the percentage of fat in the entire edible portion of chickens varies rather widely between commercial classes, in the lean meat it is much more nearly uniform. Estimates based on the figures for flesh only, that is, the lean meat, can be much more nearly correct, therefore, than those based on the figures for the entire edible part.

Other domestic poultry and game birds are also variable in composition, especially in fat content, and in the proportion of refuse or waste, but of necessity less detail on these variations is presented in the table.

The composition of cooked meats depends not so much on the kind of meat or cut as on the fatness and the degree of doneness. The values for cooked meats and poultry are presented, therefore, without reference to cut and without designation of kind or species, that is, whether beef, pork, lamb, or chicken. No satisfactory estimates for any given cut can be made unless relative fatness is known. Further details on this classification were published in 1937 (*6*).

FISH AND SHELLFISH

Data on numerous kinds of fresh fish and shellfish are given in the table on composition, although it does not include all the kinds that the market affords. The common and scientific names of those presented, including a few kinds reported only as the canned or preserved material, are listed in table 1 by way of defining the terms since the common names are used variously in different places. Not all the local names can be given, however. In some instances, the information on whether the fish is a marine or fresh-water kind may be useful. The class of fish shown in the last column of the table has to do with the chemical classification briefly described below and has no bearing on the scientific relationships. For the sake of convenience, turtle and terrapin are also listed in table 1.

The percentage of refuse is naturally much higher in fish purchased whole than in dressed fish or steaks. It is important to select the appropriate basis if estimates are to be made on the purchased weight. In this connection, the term "whole" as used in the tables is self-explanatory. The "drawn weight" is the weight of the whole fish minus the entrails. "Dressed weight" relates to the weight of the fish after evisceration and removal of head and tail and, in some cases, fins. "Steaks" are cross sections or slices of the fish.

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TABLE 1.—*Common and scientific names of fish and shellfish, with information on classes according to chemical composition*

Common name	Scientific name	Marine or fresh water	Class
Abalone	*Halotis* species	Marine	
Albacore	*Germo alalunga*	do	3
Alewife	*Pomolobus pseudoharengus*	do	1
Barracuda, California	*Sphyraena argentea*	do	3
Bass, Atlantic, black sea	*Centropristis striatus*	do	1
Bass, black, large and small mouthed	*Micropterus dolomieu* and *M. salmoides*	Fresh	1
Bass, California white sea	*Cynoscion nobilis*	Marine	3
Bass, striped	*Roccus lineatus*	do	1
Bluefish or tailor	*Pomatomus saltatrix*	do	1
Bonito, including Atlantic, California, and striped	*Sarda sarda, S. lineolata* and *Euthynnus pelamis*	do	3
Butterfish or dollarfish	*Poronotus triacanthus*	do	3
Carp (or German carp)	*Cyprinus carpio*	Fresh	1
Carp sucker	*Carpiodes thompsonii* and *C. cyprinus*	do	1
Catfish	*Ameiuridae* species	do	1
Clams, round	*Venus mercenaria*	Marine	
Clams, long	*Mya arenaria*	do	
Cod	*Gadus morrhua*	do	2
Crabs, Pacific	*Cancer magister*	do	
Crabs, Atlantic	*Callinectes hastatus* and *C. sapidus*	do	
Crayfish	*Cambarus* species	do	
Croaker	*Micropogon undulatus*	do	1
Croaker, yellow-fin	*Umbrina roncador*	do	1
Cultus, Pacific	*Ophiodon elongatus*	do	1
Cusk, Atlantic	*Brosmius brosme*	do	2
Drum, red	*Sciaenops ocellatus*	do	1
Eel, American	*Anguilla rostrata*	Marine or fresh	3
Flounder, southern	*Paralichthys lethostigmus*	Marine	1
Flounder, summer	*P. dentatus*	do	2
Flounder, winter	*Pleuronectes americanus*	do	2
Grayfish (a shark)	*Squalus suckleyi*	do	1
Grouper, spotted hind	*Epinephelus drummond-hayi*	do	1
Haddock	*Melanogrammus aeglefinus*	do	2
Hakes, including the Pacific, Boston, squirrel hakes, and whiting or silver hake.	*Merluccius productus, Urophycis* species, *U. chuss* and *Merluccius bilinearis.*	do	2
Halibut	*Hippoglossus hippoglossus*	do	1
Halibut, California	*Paralichthys californicus*	do	1
Herring, Atlantic	*Clupea harengus*	do	1
Herring, lake, or cisco	*Leucichthys* species	Fresh	1
Herring, Pacific	*Clupea pallasii*	Marine	2
Horse mackerel (Pacific)	*Trachurus symmetricus*	do	3
Kingfish, Pacific	*Genyonemus lineatus*	do	1
King whiting	*Menticirrhus americanus* and *M. saxatilus*	do	1
Lake trout	*Cristivomer namaycush*	Fresh	3
Lobster	*Homarus americanus*	Marine	
Mackerel, common Atlantic	*Scomber scombrus*	do	3
Mackerel (Pacific coast)	*S. diego*	do	3
Mullet, common	*Mugil cephalus*	do	1
Muskellunge	*Esox masquinongy*	Fresh	1
Mussels	*Mytilus edulis* and *M. californianus*	Marine	
Oysters	*Ostrea virginica* and *O. lurida*	do	
Perch, white	*Morone americanus*	Fresh	1
Perch, yellow	*Perca flavescens*	do	1
Pickerel, common eastern	*Esox reticulatus*	do	1
Pike, common	*E. lucius*	do	1
Pike, sauger	*Stizostedion canadense*	do	1
Pike, wall-eyed	*S. vitreum*	do	1
Pollock	*Pollachius virens*	Marine	1
Pompano, common	*Trachinotus carolinus*	do	3
Porgy, Atlantic (or jolthead)	*Calamus* species	do	1
Ray or skate	*Raja* species	do	3
Red grouper	*Epinephelus morio*	do	1
Red snapper	*Lutianus blackfordii*	do	1
Rock cod, Pacific	*Sebastodes* species	do	1
Sablefish or black cod	*Anoplopoma fimbria*	do	3
Salmon, Atlantic	*Salmo salar*	do	3
Salmon, king or chinook	*Oncorhynchus tschawytscha*	do	3
Salmon, chum	*O. keta*	do	3
Salmon, coho or silver	*O. kisutch*	do	3
Salmon, pink or humpback	*O. gorbuscha*	do	3
Salmon, sockeye or red	*O. nerka*	do	3
Sand dab, California	*Orthopsetta sordida*	do	2
Sardine, California	*Sardinops caerulea*	do	3
Scallops	*Pecten irradians*	do	
Scup or porgy	*Stenotomus chrysops*	do	1
Shad or American shad	*Alosa sapidissima*	do	3
Sheepshead, Atlantic	*Archosargus probatocephalus*	do	1
Shrimp	Any edible shrimp of the following genera: *Peneus, Pandalus, Pandalopsis, Crangon.*	do	

TABLE 1.—*Common and scientific names of fish and shellfish, with information on classes according to chemical composition*—Continued

Common name	Scientific name	Marine or fresh water	Class
Smelt, Atlantic	*Osmerus mordax*	Marine	1
Smelt, jack	*Atherinopsis californiensis*	do	1
Smelt, Pacific bay	*Atherinops affinis*	do	1
Sole, California	*Parophrys vetulus*	do	1
Spanish mackerel	*Scomberomorus maculatus*	do	3
Squeateague, gray, or weakfish	*Cynoscion regalis*	do	1
Sturgeon	*Acipenser sturio*	Fresh or marine	1
Sucker, white-nosed	*Mozostoma anisurum*	Fresh	1
Swordfish	*Xiphias gladius*	Marine	1
Tautog	*Tautoga onitis*	do	1
Terrapin	*Malaclemmys* species	do	
Tilefish	*Lopholatilus chamaeleonticeps*	do	1
Tomcod, Atlantic	*Microgadus tomcod*	do	1
Trout, eastern brook	*Salvelinus fontinalus*	Fresh	1
Tuna, blue-fin	*Thunnus thynnus*	Marine	3
Tuna, yellow-fin	*Neothunnus macropterus*	do	3
Turbot or Greenland halibut	*Reinhardtius hippoglossoides*	do	3
Turtle	*Chelonia mydas*	do	
Whitefish, Great Lakes	*Coregonus clupeiformis*	Fresh	3
Yellowtail	*Seriola dorsalis*	Marine	3

In table 2 data are given on separate species of fish, or on combinations of certain related species. In addition, general figures are given for two classes of fresh fish. Each class includes fish that are similar in composition, although otherwise unrelated.

Fish of class 1 are fairly low in fat and have about 19 percent of protein. Species or kinds characteristic of this class are Atlantic black sea bass, striped bass, carp, croaker, yellowfin croaker, king whitings, muskellunge, white perch, pickerel, pikes, and squeateague.

Fish of class 2 are very low in fat and somewhat lower in protein, as a whole, than those in class 1. Cod, summer and winter flounder, hakes, haddock, and sand dab are characteristic.

Fish in either of these two classes may be figured at the general average for the group or at the composition reported for the particular fish itself. Those that are not included in class 1 or 2 are designated as belonging to class 3.

Fish of class 3 are so variable in their fat and protein content that they are not summarized as a class in table 2, although class averages for this group have been in use elsewhere. The authors recommend that the edible portion of any of the kinds so designated be estimated at the rates indicated for the particular kinds. Such a rate is more satisfactory than any generalized set of percentages that may have been published to represent them. Even a single set of figures for a particular species of fish can be regarded only as a rough approximation for a given specimen since many of these fish are subject to wide seasonal variations. Outstanding among the kinds belonging to this fatter and more variable group are albacore, butterfish, eel, lake trout, salmon, sardines, shad, Spanish mackerel, and the several bonitos, mackerels, and tunas.

Although the generalized figures for classes 1 and 2 are fairly satisfactory as estimates on the edible portion, they are less so as estimates on the as-purchased basis. Refuse figures for the particular kind are in general to be preferred. The generalized figures will necessarily be used, however, in diet studies when the record does not indicate the kind of fish eaten.

The refuse figures for the two classes are alike. They can serve as estimates for a particular kind of fish in either of these classes when approximations must be made and data on the appropriate basis as purchased are lacking. If necessary, the refuse figures may be used to apply even to fish of class 3, but appropriate data on the constituents of the edible portion should be used with them in deriving the estimates on the as-purchased basis.

Only a few data are reported for cooked fish. These do not apply to individual members, but are general figures for estimating the composition of fish cooked by the several methods usually employed. In the case of boiled fish, two sets of figures are given, one for the leaner fish, and another for the fatter fish. The leaner group includes fish of classes 1 and 2 and the leaner members of class 3, whereas the group designated as fatter fish represents only the fatter members of class 3. For baked or broiled fish, this subdivision as to class of fish is considered less important. The reason for this is that fat of some kind is needed to cook fish satisfactorily by these methods. Fatter fish will provide their own fat, and the leaner ones must have added fat to prevent the product from being too dry. To some extent this equalizes the amount of fat in the finished product.

Fried fish are capable of absorbing so much fat, especially in the meal, flour, or other cereal used to coat them, that wide variations are to be expected. The figures given for fish that have absorbed much fat may be appropriate to use for any small kind fried in deep fat regardless of the fat content of the raw fish. Here, the variations due to fat penetration during cooking probably outweigh any original differences in the composition.

CEREALS AND CEREAL PRODUCTS

Cereals and their products vary so widely in their composition that for the purpose of this table only crude approximations for the main types of the several kinds of products can be offered. Estimates for the grain itself or for such mill products as patent, straight, or whole-wheat flour are more nearly satisfactory for dietary calculations than values for material such as cakes or cookies whose composition is still more highly variable. Ready-to-eat material is naturally subject to far wider variations in composition than are the raw materials that were used in making it.

FRUITS AND VEGETABLES

Most of the fresh fruits and vegetables listed in table 2 have been included in earlier publications (*7*, *8*), which may be consulted for further detail and for information on botanical identification. A number of tropical and subtropical fruits not included in the earlier tables have been added to the present list. These fruits are known by various common names, many of which are of local origin and usage. In some cases a particular name is variously used in different regions to apply to different fruits. Since the fruits themselves may be unfamiliar to many and since there is some confusion in nomenclature, the following list is offered in order to indicate definitely the fruits to which the analyses apply.

Carissa or Natal plum	*Carissa grandiflora*
Cherimoya	*Annona cherimola*
Feijoa	*Feijoa sellowiana*
Granadilla, purple, or passion fruit	*Passiflora edulis*
Groundcherry, including poha and Cape-gooseberry	*Physalis* spp.
Jujube	*Zizyphus jujuba*
Kumquat	*Fortunella* spp.
Loquat	*Eriobotrya japonica*
Mamey or mammee apple	*Mammea americana*
Rose apple	*Caryophyllus jambos*
Sapodilla or Sapota	*Achras sapota*
Sapote or marmalade plum	*Calocarpum mammosum*
Sugar-apple or sweetsop	*Annona squamosa*
Surinam-cherry or pitanga	*Eugenia uniflora*

The figures for dried fruits are applicable to products prepared by any of the conventional methods of drying, that is, to sun-dried, dehydrated, or evaporated fruits. The moisture figures are probably representative of much of the dried fruit on the market. Some samples, such as string figs, or other fruits that have dried out so that they are no longer pliable, will contain less moisture, while certain so-called tenderized products will contain more moisture than the figures in the table would indicate.

The analyses of canned fruits and vegetables refer in every case to the total contents of the can. It is understood, therefore, that they apply to servings of the canned food that include their proportionate share of liquid. The analyses given apply less well to the drained solids portion of canned foods, but they may be used as approximations, since no satisfactory data are available for the drained solids alone. In general it may be said that these figures for the total contents of the can somewhat underestimate the composition of the drained solids of canned vegetables, but that they slightly overestimate the carbohydrate in the drained solids of canned fruits of the medium grades.

Three groups of canned fruits are represented in the table, namely, those packed without sugar or sirup, those packed in the juice of the fruit itself, and those canned in sirup. The first group includes the special products labeled as water pack, and also those designated as "pie" grade. The latter are packed only in large-size cans. Fruits canned in sirup may contain from 10 to about 45 percent of carbohydrate depending chiefly on the concentration of the packing sirups. The analytical data given here are fairly representative of those packed in medium and heavy sirups. Such products will usually fall in the Standard and Choice grades respectively; the corresponding grades of the Bureau of Agricultural Economics are U. S. grades C and B. The figures given are probably typical of the qualities or grades that are sold at retail in the greatest volume. In general, the values presented are not satisfactory to represent either the fruits packed in light sirup or those packed in extra heavy sirup.

Data for the canned vegetables are reported on the ordinary brine-pack basis. Water-pack vegetables have essentially the same composition, except that they contain a little less salt, a difference of less than 1 percent, which results in a lower ash figure.

A classification of fruits and vegetables according to carbohydrate content is convenient for purposes of calculating the amount of carbohydrate in diabetic diets. By this system the fruits and vegetables

are grouped into several classes such that all items in any one class may be figured at the same carbohydrate value. Such a classification has been published by this Department (*1*) to meet the needs for a uniform system of carbohydrate grouping. For convenience it is presented here, extended however, to include many additional items. Based on the analyses in the tables, the classification has been arranged to include in six groups most of the fresh and canned fruits and vegetables. These groups are calculated, respectively, at 3, 6, 9, 12, 15, and 18 percent of carbohydrate. Practically all of the dried fruits and vegetables, and some of the fresh and canned products are too high in carbohydrate to come in any of these six groups. These items, which are listed in a miscellaneous group, should be figured individually at their own carbohydrate values.

The carbohydrate values used as a basis for this classification have been calculated as "nitrogen-free extract," that is, as "total" carbohydrate minus the fiber. This is probably a fairer measure of available carbohydrate since it is generally considered that fiber is not utilized by the body. Where nitrogen-free extract could not be calculated available carbohydrate has been estimated as the sum of starch, sugar, and organic acids.

In the classification that follows the items are listed alphabetically by groups, each numbered group being assigned a carbohydrate value at which all members within the group may be calculated. Items in the miscellaneous group are all very high in carbohydrate content and should be calculated at their own values as given in the table on composition. Water-pack and juice-pack canned fruits are designated, respectively, as w. p. and j. p.

FRUITS AND VEGETABLES, CLASSIFIED AS TO CARBOHYDRATE CONTENT

Group 1 (3 percent carbohydrate)

Asparagus, fresh.
Asparagus, canned, including sieved.
Asparagus-bean sprouts, fresh.
Bamboo shoots, fresh.
Basella, fresh.
Beans, green and wax, canned, including sieved.
Bean sprouts (from mung beans), fresh.
Beet greens, fresh.
Broccoli, fresh.
Cabbage, fresh.
Cabbage, Chinese, fresh.
Cauliflower, fresh.
Cauliflower, canned.
Celery, fresh.
Celery, canned, sieved.
Chard, fresh.
Chayote, leaves, fresh.
Chicory, leaves, fresh.
Cornsalad, fresh.
Cress, garden, fresh.
Cucumbers, fresh.
Dock, fresh.
Endive, fresh.
Escarole, fresh.
Fennel, fresh.
"French endive," fresh.
Lettuce, fresh.
Mustard greens, fresh.
Orach, garden, fresh.
Orach, Peruvian, fresh.
Pokeberry or poke shoots, fresh.
Purslane, fresh.
Quinoa, fresh.
Radishes, fresh.
Rhubarb, fresh.
Rhubarb, canned, w. p.
Rutabaga tops, fresh.
Sauerkraut, fresh.
Sauerkraut, canned.
Seakale, fresh.
Sorrel, fresh.
Spinach, fresh.
Spinach, canned, including sieved.
Spinach, New Zealand, fresh.
Squash, summer, fresh.
Taro shoots, fresh.
Tomatoes, fresh.
Tomatoes, canned.
Tomato juice, fresh.
Tomato juice, canned.
Turnip tops, fresh.
Udo shoots, fresh.
Vegetable marrow, fresh.
Vinespinach, fresh.
Water cress, fresh.

Group 2 (6 percent carbohydrate)

Amaranth, fresh.
Anserine, fresh.
Beans, hyacinth-bean, pods, fresh.
Beans, scarlet runner, green pods, fresh.
Beans, snap, green and wax, fresh.
Blackberries, canned, w. p.
Borage, fresh.
Cantaloup.
Carrots, canned, including sieved.
Celery root or celeriac, fresh.
Chayote, fruit, fresh.
Chives, fresh.
Collards, fresh.
Dandelion greens, fresh.
Dasheen, leaves, and stems, fresh.
Eggplant, fresh.
Gooseberries, canned, w. p.
Jew's mallow, fresh.
Kale, fresh.
Kohlrabi, fresh.
Lambsquarters, fresh.
Leeks, fresh.
Melons, honeydew, casaba, and Spanish, fresh.
Muskmelons, fresh.
Nettle, fresh.
Okra, fresh.
Onions, Welsh, fresh.
Palmetto or palmetto cabbage, fresh.
Parsley, fresh.
Peaches, canned, w. p.
Peppers, green and red, fresh.
Pimientos, canned.
Plums, excluding prunes, canned, w. p.
Pumpkin, fresh.
Pumpkin and squash, canned.
Salad-rocket, fresh.
Soybeans, green shelled, fresh.
Soybean sprouts, fresh.
Squash, cushaw, fresh.
Squash, winter, fresh.
Strawberries, fresh.
Strawberries, canned, w. p. and j. p.
Strawberry juice, fresh.
Sweetpotato tops, fresh.
Taro, leaves and stems, fresh.
Turnips, fresh.
Watermelon, fresh.

Group 3 (9 percent carbohydrate)

Applesauce, canned, unsweetened.
Apricots, canned, w. p.
Artichokes, globe or French, fresh.
Asparagus-beans, pods, fresh.
Beets, fresh.
Beets, canned, including sieved.
Blackberries, fresh.
Blackberries, canned, j. p.
Blackberry juice, fresh.
Blueberries, canned, w. p. and j. p.
Brussels sprouts, fresh.
Cape-gooseberry, fresh.
Carrots, fresh.
Cherries, red and white, canned, w.p.
Chervil, fresh.
Cranberries, fresh.
Currants, fresh.
Currant juice, fresh.
Gingerroot, fresh.
Gooseberries, fresh.
Grapefruit, fresh.
Grapefruit, canned, w. p. and j. p.
Grapefruit juice, fresh.
Groundcherry, fresh.
Lemons, fresh.
Lemon juice, fresh.
Lemon juice, canned.
Limes, fresh.
Limes, sweet, fresh.
Lime juice, fresh.
Loganberries, canned, w. p.
Loganberry juice, fresh.
Mamey, fresh.
Mammee apple, fresh.
Onions, fresh.
Oranges, mandarin type, fresh.
Orange juice, mandarin type, fresh.
Papayas, fresh.
Parsley, Hamburg, fresh.
Peaches, canned, j. p.
Pears, canned, w. p.
Peas, fresh (very young).
Peas, canned, including sieved.
Peas, sugar peas, green pods, fresh.
Poha, fresh.
Pricklypear, fresh.
Prunes, canned, w. p.
Quince juice, fresh.
Raspberries, canned, w. p.
Rutabagas, fresh.
Tangerines, fresh.
Tangerine juice, fresh.

Group 4 (12 percent carbohydrate)

Apple juice, fresh.
Applesauce, canned, j. p.
Apricots, fresh.
Apricots, canned, j. p.
Apricots, canned, sieved, unsweetened.
Beans, lima, green, canned.
Cherries, sour, fresh.
Cherries, red and white, canned, j. p.
Crab apple juice, fresh.
Feijoa, fresh.
Figs, canned, w. p.
Grapefruit juice, canned, unsweetened.
Grapes, canned, w. p.
Guavas, fresh.
Kumquats, fresh.
Lambsquarters, Algerian, fresh.
Loganberries, fresh.
Loganberries, canned, j. p.

Group 4 (12 percent carbohydrate)—Continued

Loquats, fresh.
Mulberries, fresh.
Oranges, fresh.
Oranges, Seville or sour, fresh.
Orange juice, fresh.
Orange juice, canned.
Peaches, fresh.
Peaches, canned, sieved, unsweetened.
Peach juice, fresh.
Pears, canned, j. p.
Pineapple, fresh.
Pineapple, canned, w. p.
Pineapple juice, fresh.
Pineapple juice, canned.
Pitanga, fresh.
Plums, excluding prunes, fresh.
Quinces, fresh.
Raspberries, fresh.
Raspberries, canned, j. p.
Raspberry juice, fresh.
Rose apple, fresh.
Soybeans, dry seeds.
Surinam-cherry or pitanga, fresh.

Group 5 (15 percent carbohydrate)

Apples, fresh.
Beans, broadbeans, green shelled.
Beans, red kidney, canned.
Black-salsify, fresh.
Blueberries, fresh.
Blueberry juice, fresh.
Cherries, black, canned, w. p.
Corn, fresh (very young).
Grapes, fresh.
Huckleberries, fresh.
Huckleberry juice, fresh.
Jerusalem-artichokes, tubers, fresh.
Mangos, fresh.
Nectarines, fresh.
Oca, fresh.
Onions, top onions, fresh.
Papaws, fresh.
Parsnips, fresh.
Pears, fresh.
Peas, fresh (medium mature).
Pineapple, canned, j. p.
Salsify, fresh.
Shallot, fresh.
Vegetable-oyster or salsify, fresh.

Group 6 (18 percent carbohydrate)

Beans, baked, canned.
Carissa or Natal plum, fresh.
Chayote, roots, fresh.
Cherries, sweet, fresh.
Cherries, black, canned, j. p.
Corn, sweet, canned.
Crab apples, fresh.
Figs, fresh.
Garlic, fresh.
Granadilla, purple, fresh.
Grape juice, fresh or bottled.
Haws, scarlet, fresh.
Horseradish, fresh.
Natal plum, fresh.
Passion fruit, fresh.
Persimmons, Japanese.
Pomegranates, fresh.
Potatoes, fresh.
Prunes, canned, j. p.
Prune juice, canned.
Sapodilla, fresh.
Sapota, fresh.
Waternut, tuber, fresh.

Miscellaneous group (high carbohydrate)

Apples, dried.
Apricots, dried.
Asparagus-beans, dry.
Bananas, fresh.
Bananas, dried.
Beans, broadbeans, dry.
Beans, kidney or common, dry.
Beans, lima, fresh.
Beans, lima, dry.
Beans, mung, dry.
Black-eyed peas, dry.
Burdock, fresh.
Cherimoya, fresh.
Cherries, maraschino, canned.
Chickpeas, dry.
Corn, fresh (medium mature and old).
Corn, dry, sweet, and field.
Cowpeas, fresh, green shelled.
Cowpeas, dry.
"Currants," dried.
Dasheen, tubers, fresh.
Dates, fresh and dried.
Figs, dried.
Fruits, canned in sirup (all kinds).
Garbanzo peas, dry.
Jujubes, fresh and dried.
Lentils, dry, whole and split.
Litchi fruit, dried.
Marmalade plum, fresh.
Peaches, dried.
Pears, dried.
Peas, fresh (mature).
Peas, dry, whole and split.
Persimmons, native, fresh.
Plantain, or baking banana, fresh.
Prunes, fresh.
Prunes, canned, sieved.
Prunes, dried.
Raisins, dried.
Sapote, fresh.
Sugar-apple, fresh.
Sweetpotatoes, fresh.
Sweetpotatoes, canned.
Sweetsop, fresh.
Taro, tubers, fresh.
Tomato catchup.
Yams, winged, fresh.

Fresh, canned, and dried fruits and vegetables are included in these lists. Since data on the net contents of the can have been used in classifying the canned foods, a serving is to be considered as the solid portion with its share of liquor from the can. Of the canned fruits, only the water-pack and the juice-pack products come in the six classified groups. The fruits canned in sirup are high in carbohydrate and are therefore placed in the miscellaneous group where they are listed collectively.

The dried fruits, as such, also come in this miscellaneous group. In the dried state they average about 67 percent of carbohydrate, but when they are stewed for serving, there is considerable dilution, and this figure is lowered. With the proportion of water and dried fruit frequently used in preparing the stewed fruit, the dilution would not lower the proportion of carbohydrate sufficiently to place the product in the classified group. If, however, the fruit is cooked without the addition of sugar and with enough water so that the finished product weighs about four times as much as the dried fruit used, then the dilution will be such that the cooked fruit may be classified in the 18-percent group.

The dried vegetables, represented by dry legumes and dried corn, come in the miscellaneous high-carbohydrate group. Even fresh green corn and fresh peas may come in this group, if they are not sufficiently young, since these vegetables show a pronounced increase in carbohydrate content as they mature. For this reason only very young green corn and only young or medium peas are low enough in carbohydrate to be included in the classified lists.

Mushrooms and algae are not included in these lists since their content of available carbohydrate is negligible. Avocados, though not high in carbohydrate, are also not listed since their fat content is extremely variable and apt to be very high.

MISCELLANEOUS PRODUCTS—SOUPS

The figures for soups apply either to canned soups or to those prepared in the home. Data on the so-called concentrated canned soups are not presented here. It is considered that when they are diluted to the ready-to-serve basis, they are comparable to other soups.

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TABLE 2.—*Proximate composition of American food materials* [1]

Food	Nature of sample and refuse	Basis	As purchased	Constituents of the edible portion										
								Carbohydrates				Acid	Fuel value	
			Refuse	Water	Protein	Fat	Ash	Total	Fiber	Sugars	Starch		Per 100 grams	Per pound
			Percent	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Calories*	*Calories*
Abalone:														
Fresh or canned solids	E. P., meat	E. P.		74.0	21.7	0.5	1.4	2.4					101	460
Agar-agar (see Algae).														
Albacore:														
Raw	E. P., flesh	E. P.		66.2	25.3	7.6	1.3	0.					170	770
Alewife:														
Raw	do	E. P.		74.4	19.4	4.9	1.5	0.					122	550
	A. P., whole	A. P.	51	36.5	9.5	2.4	.7	0.					60	270
Algae:														
Agar-agar		E. P.		17.8	(0.)	.2	3.3	(0.)						
Irish moss		E. P.		19.8	(0.)	.9	14.9	(0.)						
Kelp		E. P.		23.6	(0.)	1.1	20.6	(0.)						
Laver or sloke		E. P.		17.8	(0.)	.8	12.2	(0.)						
Almonds:														
Dried, unblanched	E. P., kernels	E. P.		4.7	18.6	54.1	3.0	19.6	2.7	4.4			640	2,900
	Ref., shells	A. P.	49	2.4	9.5	27.6	1.5	10.0	1.4				326	1,480
Almond meal, partially defatted.		E. P.		7.2	39.5	18.3	6.1	28.9	2.3		0.0		438	1,990
Amaranth:														
Fresh	E. P., leaves and stems	E. P.		88.6	3.0	.6	2.23	5.6	1.0		.5		40	180
	Ref., tough stems	A. P.	29	62.9	2.1	.4	1.6	4.0	.7				28	125
Anchovies:														
Pickled, not heavily salted	Prepared with or without added oil	E. P.		58.6	19.2	10.3	11.6	.3					171	775
Anchovy paste		E. P.		56.5	20.2	11.6	7.4	4.3			2.5		202	920
Anserine		E. P.		84.2	3.8	.7	3.0	8.3	2.6	.3	1.4		55	250
Apples:														
Fresh:														
All	E. P., flesh or flesh and skin	E. P.		84.1	.3	.4	.29	14.9	1.0	11.1		0.47m	64	290
	Ref., skins and core	A. P.	12	74.0	.3	.4	.3	13.0	.9				57	260
Early (summer)		E. P.		86.5	.3	.4	.30	12.5		9.4		.70m	55	250

Medium (fall)		E. P.		85.4	.3	.3	.25	13.8	1.1	10.4		.45m	59	270
Late (winter)		E. P.		83.6	.3	.3	.28	15.5	.9	11.2		.46m	66	300
Canned (see Applesauce).														
Dried		E. P.		23.	1.4	1.0	1.4	73.2	4.6	54.0		2.3m	307	1,395
Apple juice:														
Fresh		E. P.		87.1	.1	.0	.25	12.5		10.5		.52m	50	230
Applesauce:														
Canned:														
Unsweetened		E. P.		88.4	.2	.2	.3	10.9	.6	7.9		.3m	46	210
Juice pack		E. P.		87.3	.2	.2	.3	12.0	.6				51	230
Sweetened		E. P.		79.8	.2	.1	.2	19.7	.6	17.6		.4m	80	365
Apricots:														
Fresh	E. P., flesh or flesh and skin	E. P.		85.4	1.0	.1	.59	12.9	.6	10.4		1.19m	56	255
	Ref., pits	A. P.	6	80.3	.9	.1	.6	12.1	.6				53	240
Candied		E. P.		12.	.6	.2	.7	86.5	.6				350	1,590
Canned:														
Water pack	E. P., contents of can	E. P.		90.9	.5	.1	.4	8.1	.3	6.4			35	160
Juice pack	do	E. P.		86.8	.5	.2	.7	11.8	.4	9.4			51	230
In sirup	E. P., contents of can (except pits)	E. P.		77.3	.6	.1	.6	21.4	.4				89	405
	Ref. (if canned whole), pits	A. P.	4	74.2	.6	.1	.6	20.5	.4				85	385
Sieved, unsweetened		E. P.		85.8	.9	.2	.7	12.4	.7	8.7		.6m	55	250
Sieved, sweetened		E. P.		76.6	1.0	.1	.8	21.5	.6	15.8		1.2m	91	410
Dried		E. P.		24.	5.2	.4	3.5	66.9	3.2	46.0		5.0m	292	1,325
Artichokes, globe or French:														
Fresh	E. P., base and soft part of leaves	E. P.		83.7	2.9	.4	1.1	11.9	3.2				63	285
	A. P., entire bud	A. P.	52	40.2	1.4	.2	.5	5.7	1.5				30	135
Artichokes, Jerusalem (see Jerusalem-artichokes).														
Asparagus:														
Fresh	E. P., tender shoots	E. P.		93.0	2.2	.2	.67	3.9	.7	1.3	.4		26	120
	A. P., butt ends	A. P.	25	69.8	1.6	.2	.5	2.9	.5				20	90
Canned	E. P., contents of can	E. P.		93.9	1.7	.1	1.3	3.0	.5	1.6	1.0		20	90
Canned, sieved		E. P.		92.	2.	.1	1.4	4.5	.5	1.5			27	120
Asparagus-beans:														
Fresh:														
Young green pods		E. P.		84.5	3.4	.3	1.3	10.5	2.0	5.1	2.7		58	265
Sprouted seeds		E. P.		92.8	2.4	.4	.4	4.0	.7				29	130
Dry seeds (see Cowpeas).														

[1] For a key to abbreviations and symbols used in this table, see p. 7.

TABLE 2.—*Proximate composition of American food materials*—Continued

Food	Nature of sample and refuse	Basis	As purchased	Constituents of the edible portion										Fuel value	
			Refuse	Water	Protein	Fat	Ash	Carbohydrates				Acid		Per 100 grams	Per pound
								Total	Fiber	Sugars	Starch				
			Percent	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*		*Calories*	*Calories*
Avocados:															
Fresh:															
Fuerte	E. P., flesh	E. P.		65.4	1.7	26.4	1.42	5.1	1.8	0.6				265	1,200
	Ref., seeds and skins	A. P.	25	49.0	1.3	19.8	1.1	3.8	1.4					199	905
Guatemalan (type)	E. P., flesh	E. P.		74.1	2.0	17.2	1.28	5.4	1.4	.7				184	835
	Ref., seeds and skins	A. P.	30	51.9	1.4	12.0	.9	3.8	1.0					129	585
Mexican (type)	E. P., flesh	E. P.		66.7	2.0	23.2	1.38	6.7						244	1,105
	Ref., seeds and skins	A. P.	31	46.0	1.4	16.0	1.0	4.6						168	760
West Indian (type)	E. P., flesh	E. P.		82.2	1.3	7.7	.98	7.8	1.2					106	480
	Ref., seeds and skins	A. P.	24	62.5	1.0	5.9	.7	5.9	.9					81	365
Bacon:															
Raw:															
Lean		E. P.		29.	12.2	53.	4.7	(1.4)		1.4				531	2,410
	Ref., rind	A. P.	8	26.	11.2	49.	4.3	(1.3)						489	2,220
Medium		E. P.		20.	9.1	65.	4.3	(1.1)		1.1				626	2,840
	Ref., rind	A. P.	6	19.	8.6	61.	4.0	(1.0)						588	2,670
Fat		E. P.		13.	6.2	76.	3.8	(.7)		.7				712	3,230
	Ref., rind	A. P.	4	13.	6.0	73.	3.6	(.7)						683	3,100
Broiled	Medium fat, crisp, drained	E. P.		13.	25.	55.	6.	1.		1.				599	2,720
Bacon, Canadian:															
Raw (see Pork, cured, raw).															
Bamboo shoots:															
Fresh	E. P., tender inside part	E. P.		91.3	2.5	.3	.79	5.1	.8					33	150
	Ref., sheath	A. P.	71	26.5	.7	.1	.2	1.5	.2					10	45
Bananas:															
Fresh	E. P., flesh	E. P.		74.8	1.2	.2	.84	23.0	.6	19.2		0.39m		99	445
	Ref., skins	A. P.	33	50.1	.8	.1	.6	15.4	.4					66	300
Dried		E. P.		23.	3.6	.3	2.5	70.6	1.7			1.4m		300	1,360

Banana flour		E. P.		10.	3.9	.7	2.6	82.8	1.4				353	1,600
Barley:														
Flour		E. P.		10.0	10.2	1.7	1.2	76.9	.7				364	1,650
Pearled:														
Pot or Scotch		E. P.		10.8	8.7	1.0	1.2	78.3	.8				357	1,620
Light		E. P.		11.1	8.2	1.0	.9	78.8	.5				357	1,620
Whole	Hull-less type	E. P.		10.2	12.8	2.1	2.1	72.8	2.7				361	1,640
Barracuda, California:														
Raw	E. P., flesh	E. P.		75.0	21.2	3.1	1.3	0.					113	510
Basella:														
Fresh	E. P., leaves and stems	E. P.		93.2	2.0	.3	1.5	3.0	.6				23	105
Bass, Atlantic black sea:														
Raw	E. P., flesh	E. P.		79.3	19.2	1.2	1.2	0.					88	395
	A. P., whole	A. P.	61	30.9	7.5	.5	.5	0.					34	155
Bass, black, large- and small-mouthed:														
Raw	E. P., flesh	E. P.		76.7	20.6	1.8	1.2	0.					99	445
	A. P., whole	A. P.	56	33.7	9.1	.8	.5	0.					43	195
Bass, California white sea:														
Raw	E. P., flesh	E. P.		76.3	21.4	.5	1.4	0.					90	410
Bass, striped:														
Raw	do	E. P.		77.7	18.9	2.7	1.2	0.					100	455
	A. P., whole	A. P.	57	33.4	8.1	1.2	.5	0.					43	195
	A. P., entrails removed	A. P.	51	38.1	9.3	1.3	.6	0.					49	220
Beans:														
Fresh:														
Asparagus-beans (see Asparagus-beans).														
Broad beans:														
Shelled	E. P., immature seeds	E. P.		74.1	8.1	.6	1.4	15.8	2.0				101	460
	Ref., shells	A. P.	66	25.2	2.8	.2	.5	5.3	.7				34	155
Green pods	E. P., trimmed pods	E. P.		84.0	3.0	.3	.8	11.9					62	285
Hyacinth-beans:														
Green pods	do	E. P.		89.9	2.8	.2	.8	6.3	1.7				38	175
Lima:														
Shelled	E. P., immature seeds	E. P.		66.5	7.5	.8	1.71	23.5	1.5				131	595
	Ref., shells	A. P.	60	26.6	3.0	.3	.7	9.4	.6				52	235
Mung bean sprouts	E. P., fresh sprouted seeds	E. P.		92.4	2.9	.3	.44	4.0	.7				30	135
Scarlet runner:														
Green pods	E. P., trimmed pods	E. P.		92.3	1.4	.1	.7	5.5	.8		0.1		28	130
	Ref., ends and strings	A. P.	8	84.9	1.3	.1	.6	5.1	.7				26	120
Snap beans, green or wax (common or kidney)	E. P., trimmed pods	E. P.		88.9	2.4	.2	.77	7.7	1.4	.4	2.2		42	190
	Ref., ends and strings	A. P.	10	80.0	2.2	.2	.7	6.9	1.3				38	170
Soybeans (see Soybeans).														
String (see Beans, snap).														

TABLE 2.—*Proximate composition of American food materials*—Continued

Food	Nature of sample and refuse	Basis	As purchased	Constituents of the edible portion										
			Refuse	Water	Protein	Fat	Ash	Carbohydrates				Acid	Fuel value	
								Total	Fiber	Sugars	Starch		Per 100 grams	Per pound
Beans—Continued.			*Per cent*	*Per cent*	*Per cent*	*Per cent*	*Per cent*	*Per cent*	*Per cent*	*Per cent*	*Per cent*	*Per cent*	*Calories*	*Calories*
Canned:														
Baked, with pork	E. P., contents of can	E. P.		71.0	5.7	2.0	2.3	19.0	1.0				117	530
Baked, without pork	do	E. P.		72.5	6.0	.4	2.3	18.8	1.0				103	465
Lima	do	E. P.		80.	5.	.5	1.5	13.	1.				76	345
Red kidney	do	E. P.		76.0	5.7	.4	1.5	16.4	.9				92	415
Snap, green or wax	do	E. P.		94.3	1.0	.1	1.3	3.3	.6	1.2	0.7		18	80
Snap, green or wax, sieved	do	E. P.		93.3	1.3	.1	.6	4.7	.7	1.7	.9		25	115
String (see Snap).														
Dry seeds:														
Broadbeans	E. P., whole mature seeds	E. P.		12.0	25.1	1.8	3.4	57.7	6.6				347	1,575
Common or kidney (includes navy, pea beans, pinto, red, others).	do	E. P.		10.5	22.0	1.5	3.9	62.1	3.9	3.6	35.8		350	1,585
Lima, green	do	E. P.		12.6	20.7	1.3	3.8	61.6	4.3				341	1,545
Mung	do	E. P.		11.0	24.4	1.4	3.5	59.7	4.5	3.0	46.8		349	1,585
Soybeans (see Soybeans).														
Bean flour, lima		E. P.		10.5	21.5	1.4	3.6	63.0	2.				351	1,590
Bean sprouts (see Beans, fresh, mung, and Soybeans).														
Beechnuts	E. P., kernels	E. P.		4.0	20.0	57.4	3.6	15.0					657	2,980
	Ref., shells	A. P.	39	2.4	12.2	35.0	2.2	9.2					401	1,815
Beef:														
Fresh:														
Carcass or sides including kidney fat:														
Thin (common grade)	E. P., 86 percent lean	E. P.		66.	18.8	14.	.97	0.					201	910
	A. P., 70 percent lean	A. P.	19	54.	15.2	11.	.8	0.					163	740
Medium (medium grade)	E. P., 79 percent lean	E. P.		60.	17.5	22.	.87	0.					268	1,220
	A. P., 66 percent lean	A. P.	16	50.	14.7	18.	.7	0.					225	1,020

Fat (good grade)	E. P., 73 percent lean	E. P.		55.	16.3	28.	.79	0.							317	1,440
	A. P., 62 percent lean	A. P.	15	47.	13.9	24.	.7	0.							270	1,220
Very fat (choice and prime grades).	E. P., 62 percent lean	E. P.		47.	13.7	39.	.65	0.							406	1,840
	A. P., 55 percent lean	A. P.	12	41.	12.1	34.	.6	0.							357	1,620
Wholesale cuts:																
Chuck:																
Thin	E. P., 92 percent lean	E. P.		71.	19.2	9.	.94	0.							158	720
	A. P., 75 percent lean	A. P.	19	57.	15.6	7.	.8	0.							128	580
Medium	E. P., 87 percent lean	E. P.		65.	18.6	16.	.88	0.							218	990
	A. P., 72 percent lean	A. P.	17	54.	15.4	13.	.7	0.							181	820
Fat	E. P., 83 percent lean	E. P.		60.	17.6	22.	.82	0.							268	1,220
	A. P., 71 percent lean	A. P.	15	51.	15.0	19.	.7	0.							228	1,030
Very fat	E. P., 76 percent lean	E. P.		52.	15.0	32.	.74	0.							348	1,580
	A. P., 66 percent lean	A. P.	13	45.	13.0	28.	.6	0.							303	1,370
Flank:																
Thin	E. P., 60 percent lean	E. P.		52.	17.0	30.	.77	0.							338	1,530
	A. P., 59 percent lean	A. P.	1	52.	16.8	30.	.76	0.							335	1,520
Medium	E. P., 51 percent lean	E. P.		45.	14.6	40.	.64	0.							418	1,900
	A. P., 50 percent lean	A. P.	1	44.	14.5	40.	.63	0.							414	1,880
Fat	E. P., 44 percent lean	E. P.		39.	12.7	48.	.54	0.							483	2,190
	A. P., 44 percent lean	A. P.	1	39.	12.6	48.	.53	0.							478	2,170
Very fat	E. P., 32 percent lean	E. P.		28.	9.3	62.	.36	0.							595	2,700
	A. P., 32 percent lean	A. P.	1	28.	9.2	61.	.36	0.							589	2,670
Kidney fat (suet):																
Thin		E. P.		9.	3.0	88.	.16	0.							804	3,650
Medium		E. P.		5.	1.7	93.	.12	0.							844	3,830
Fat		E. P.		4.	1.5	94.	.11	0.							852	3,860
Very fat		E. P.		4.	1.5	94.	.11	0.							852	3,860
Loin, excluding kidney knob:																
Thin	E. P., 85 percent lean	E. P.		64.	18.6	16.	.95	0.							218	990
	A. P., 71 percent lean	A. P.	16	54.	15.6	13.	.8	0.							183	830
Medium	E. P., 76 percent lean	E. P.		57.	16.9	25.	.84	0.							293	1,330
	A. P., 65 percent lean	A. P.	14	49.	14.5	22.	.7	0.							252	1,140
Fat	E. P., 70 percent lean	E. P.		53.	15.6	31.	.77	0.							341	1,550
	A. P., 62 percent lean	A. P.	12	46.	13.7	27.	.7	0.							300	1,360
Very fat	E. P., 59 percent lean	E. P.		44.	12.8	43.	.62	0.							438	1,990
	A. P., 53 percent lean	A. P.	10	39.	11.5	39.	.6	0.							394	1,790

TABLE 2.—*Proximate composition of American food materials*—Continued

Food	Nature of sample and refuse	Basis	As purchased	Constituents of the edible portion										
			Refuse	Water	Protein	Fat	Ash	Carbohydrates				Acid	Fuel value	
								Total	Fiber	Sugars	Starch		Per 100 grams	Per pound
			Per cent	*Per cent*	*Per cent*	*Per cent*	*Per cent*	*Per cent*	*Per cent*	*Per cent*	*Per cent*	*Per cent*	*Calories*	*Calories*
Beef—Continued.														
Fresh—Continued.														
Wholesale cuts—Continued.														
Neck:														
Thin	E. P., 88 percent lean	E. P.		69.	19.1	11.	0.92	0.					175	800
	A. P., 64 percent lean	A. P.	27	50.	13.9	8.	.7	0.					128	580
Medium	E. P., 83 percent lean	E. P.		62.	18.2	19.	.85	0.					244	1,110
	A. P., 61 percent lean	A. P.	26	46.	13.5	14.	.6	0.					180	820
Fat	E. P., 78 percent lean	E. P.		57.	17.0	25.	.80	0.					293	1,330
	A. P., 58 percent lean	A. P.	25	43.	12.8	19.	.6	0.					220	1,000
Very fat	E. P., 71 percent lean	E. P.		50.	14.0	35.	.71	0.					371	1,680
	A. P., 54 percent lean	A. P.	24	38.	10.6	27.	.5	0.					282	1,280
Plate and brisket:														
Thin	E. P., 83 percent lean	E. P.		60.	17.9	21.	.87	0.					261	1,180
	A. P., 65 percent lean	A. P.	22	47.	14.0	16.	.7	0.					203	920
Medium	E. P., 73 percent lean	E. P.		53.	15.8	30.	.75	0.					333	1,510
	A. P., 60 percent lean	A. P.	18	44.	13.0	25.	.6	0.					273	1,240
Fat	E. P., 66 percent lean	E. P.		47.	14.0	38.	.65	0.					398	1,810
	A. P., 56 percent lean	A. P.	15	40.	11.9	32.	.6	0.					338	1,530
Very fat	E. P., 53 percent lean	E. P.		38.	11.0	51.	.48	0.					503	2,280
	A. P., 47 percent lean	A. P.	11	33.	9.8	45.	.4	0.					448	2,030
Rib:														
Thin	E. P., 92 percent lean	E. P.		66.	19.0	14.	.94	0.					202	920
	A. P., 69 percent lean	A. P.	25	50.	14.2	10.	.7	0.					152	690
Medium	E. P., 82 percent lean	E. P.		59.	17.4	23.	.83	0.					277	1,250
	A. P., 65 percent lean	A. P.	21	46.	13.7	18.	.7	0.					219	990
Fat	E. P., 76 percent lean	E. P.		52.	15.8	31.	.74	0.					342	1,550
	A. P., 62 percent lean	A. P.	18	43.	13.0	25.	.6	0.					281	1,270
Very fat	E. P., 62 percent lean	E. P.		43.	12.7	44.	.59	0.					447	2,030
	A. P., 53 percent lean	A. P.	14	37.	10.9	38.	.5	0.					384	1,740

Round:															
Thin	E. P., 92 percent lean	E. P.		71.	19.7	8.	1.00	0.					151	680
	A. P., 81 percent lean	A. P.	12	63.	17.3	7.	.9	0.					133	600
Medium	E. P., 87 percent lean	E. P.		67.	19.3	13.	.95	0.					194	880
	A. P., 77 percent lean	A. P.	11	59.	17.2	12.	.8	0.					173	780
Fat	E. P., 84 percent lean	E. P.		63.	18.7	17.	.90	0.					228	1,030
	A. P., 76 percent lean	A. P.	10	57.	16.8	15.	.8	0.					205	930
Very fat	E. P., 78 percent lean	E. P.		58.	17.4	24.	.82	0.					286	1,300
	A. P., 71 percent lean	A. P.	9	53.	15.8	22.	.7	0.					260	1,180
Rump:														
Thin	E. P., 75 percent lean	E. P.		60.	17.4	22.	.88	0.					268	1,210
	A. P., 55 percent lean	A. P.	27	44.	12.7	16.	.6	0.					195	890
Medium	E. P., 67 percent lean	E. P.		53.	15.5	31.	.77	0.					341	1,550
	A. P., 51 percent lean	A. P.	24	40.	11.8	24.	.6	0.					259	1,180
Fat	E. P., 61 percent lean	E. P.		48.	14.2	37.	.69	0.					390	1,770
	A. P., 48 percent lean	A. P.	22	38.	11.1	29.	.5	0.					304	1,380
Very fat	E. P., 50 percent lean	E. P.		40.	11.4	48.	.56	0.					478	2,170
	A. P., 40 percent lean	A. P.	19	32.	9.2	39.	.5	0.					387	1,750
Shank, fore:														
Thin	E. P., 93 percent lean	E. P.		72.	21.0	6.	.98	0.					138	630
	A. P., 55 percent lean	A. P.	41	42.	12.4	4.	.6	0.					81	370
Medium	E. P., 90 percent lean	E. P.		70.	20.4	9.	.94	0.					163	740
	A. P., 53 percent lean	A. P.	41	41.	12.0	5.	.6	0.					96	440
Fat	E. P., 88 percent lean	E. P.		67.	19.7	12.	.90	0.					187	850
	A. P., 53 percent lean	A. P.	40	40.	11.8	7.	.5	0.					112	510
Very fat	E. P., 82 percent lean	E. P.		63.	18.2	18.	.83	0.					235	1,070
	A. P., 51 percent lean	A. P.	38	39.	11.3	11.	.5	0.					146	660
Shank, hind:														
Thin	E. P., 92 percent lean	E. P.		71.	20.8	7.	.96	0.					146	660
	A. P., 38 percent lean	A. P.	59	29.	8.5	3.	.4	0.					60	270
Medium	E. P., 88 percent lean	E. P.		69.	20.1	10.	.93	0.					170	770
	A. P., 36 percent lean	A. P.	59	28.	8.2	4.	.4	0.					70	320
Fat	E. P., 83 percent lean	E. P.		66.	19.2	14.	.88	0.					203	920
	A. P., 36 percent lean	A. P.	57	28.	8.3	6.	.4	0.					87	400
Very fat	E. P., 74 percent lean	E. P.		59.	17.1	23.	.76	0.					275	1,250
	A. P., 33 percent lean	A. P.	55	27.	7.7	10.	.3	0.					124	560

TABLE 2.—*Proximate composition of American food materials*—Continued

Food	Nature of sample and refuse	Basis	As purchased	Constituents of the edible portion									Fuel value	
			Refuse	Water	Protein	Fat	Ash	Carbohydrates				Acid	Per 100 grams	Per pound
								Total	Fiber	Sugars	Starch			
Beef—Continued.			*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Calories*	*Calories*
Canned:														
Corned beef hash		E. P.		70.7	12.8	5.5	2.3	8.7	0.2				136	610
Roast beef		E. P.		60.	25.	13.	2.	0.					217	980
Cooked (see Meat and poultry, cooked).														
Corned:														
Very lean		E. P.		66.4	19.4	8.	6.2	0.					150	680
Lean		E. P.		62.8	18.4	13.	5.8	0.					191	860
Medium		E. P.		54.2	15.8	25.	5.0	0.					288	1,310
Fat		E. P.		46.2	13.5	36.	4.3	0.					378	1,710
Corned, canned:														
Lean		E. P.		62.0	26.4	8.	3.6	0.					178	810
Medium		E. P.		59.3	25.3	12.	3.4	0.					209	950
Fat		E. P.		55.3	23.5	18.	3.2	0.					256	1,160
Dried (salted and smoked)		E. P.		47.7	34.3	6.3	11.6	0.					194	880
Beef organs (see Liver, etc.)														
Beer	Average alcohol content, 4 percent	E. P.		90.2	.6	.0	.2	(4.4)		4.0		0.2L	48	220
Beets, common red:														
Fresh	E. P., peeled root	E. P.		87.6	1.6	.1	1.11	9.6	.9				46	205
	A. P., without tops	A. P.	25	65.7	1.2	.1	.8	7.2	.7				34	155
	A. P., with tops	A. P.	47	46.4	.8	.1	.6	5.1	.5				24	110
Canned	E. P., contents of can	E. P.		85.5	1.5	.1	1.4	11.5	.9				53	240
Canned, sieved		E. P.		89.3	1.3	.1	.8	8.5	.7	5.7	0.4		40	180

Beet greens:														
Fresh:														
Common		E. P.		90.4	2.0	.3	1.7	5.6	1.4	.5			33	150
Sugar beet		E. P.		87.5	2.2	.1	1.3	8.9	1.3				45	205
Beverages, carbonated:														
Ginger ale	About 11 calories per fluid ounce	E. P.		91.				9.					36	165
Others, including kola type	About 14 calories per fluid ounce	E. P.		88.				12.					48	220
Biscuits, baking powder or soda		E. P.		31.	7.3	13.	2.5	46.2	.2				331	1,500
Blackberries:														
Fresh		E. P.		85.3	1.2	1.1	.47	11.9	4.1	6.1		.91c	62	285
Canned:														
Water pack	E. P., contents of can	E. P.		88.7	.9	.7	.3	9.4	2.0	5.2			48	215
Juice pack	do	E. P.		87.2	.8	.3	.4	11.3	2.8				51	230
In sirup	do	E. P.		79.2	.7	.7	.3	19.1	2.5	15.6		.6c	86	390
Blackberry juice:														
Fresh		E. P.		91.4	.3	.0	.39	7.9		6.0		1.13c	33	150
Black-eyed peas (see Cowpeas).														
Black-salsify:														
Fresh	E. P., scraped root	E. P.		77.2	3.1	.3	.81	18.6	2.3				90	405
	Ref., scrapings	A. P.	20	61.8	2.5	.2	.6	14.9	1.8				71	320
Blueberries:														
Fresh		E. P.		83.4	.6	.6	.28	15.1	1.2	9.7		.67c	68	310
Canned:														
Water pack	E. P., contents of can	E. P.		90.	.4	.4	.2	9.	1.				41	185
Juice pack	do	E. P.		88.	.4	.4	.2	11.	1.				49	225
In sirup	do	E. P.		73.	.4	.4	.2	26.	1.				109	495
Blueberry juice:														
Fresh		E. P.		85.9	.1	.0	.19	13.8		12.4		.19c	56	250
Bluefish or tailor														
Raw	E. P., flesh	E. P.		74.6	20.5	4.0	1.2	0.					118	535
	A. P., whole or entrails removed	A. P.	49	38.0	10.5	2.0	.6	0.					60	275
Bonito, including California, Atlantic, and striped														
Raw	E. P., flesh	E. P.		67.6	24.0	7.3	1.4	0.					162	735
	A. P., whole	A. P.	42	39.2	13.9	4.2	.8	0.					94	425
Borage:														
Fresh	E. P., leaves and stems	E. P.		89.4	2.8	.4	1.5	5.9		.1	.2		38	175
Bouillon		E. P.		95.	(1.)	0.	1.5	(0.)	.0				4	20
Bouillon cubes		E. P.		5.	(6.)	2.5	68.	(0.)	0.				46	210

TABLE 2.—*Proximate composition of American food materials*—Continued

Food	Nature of sample and refuse	Basis	As purchased	Constituents of the edible portion									Fuel value	
			Refuse	Water	Protein	Fat	Ash	Carbohydrates				Acid	Per 100 grams	Per pound
								Total	Fiber	Sugars	Starch			
Brains:			*Per-cent*	*Per-cent*	*Per-cent*	*Per-cent*	*Per-cent*	*Per-cent*	*Per-cent*	*Per-cent*	*Per-cent*	*Per-cent*	*Calo-ries*	*Calo-ries*
Fresh.														
Beef		E. P.		77.9	10.5	8.8	1.4	1.4					127	580
Calf		E. P.		80.6	10.0	8.3	1.3	0.					115	520
Hog		E. P.		78.2	10.6	9.0	1.5	.7					126	570
Sheep		E. P.		78.8	10.5	8.3	1.4	1.0					121	550
Brazil nuts	E. P., kernels	E. P.		5.3	14.4	65.9	3.4	11.0	2.1	1.5	2.2		695	3,150
	Ref., shells	A. P.	50	2.6	7.2	33.0	1.7	5.5	1.0				347	1,575
Breads:														
Biscuits		E. P.		31.	7.3	13.	2.5	46.2	.2				331	1,500
Boston brown bread		E. P.		48.4	4.9	2.5	3.0	41.2	.5				207	940
Buns, cinnamon		E. P.		29.6	7.8	5.4	1.2	56.0	.3				304	1,380
French bread	No milk or shortening	E. P.		34.1	8.4	1.0	1.3	55.2	.3				263	1,195
Gluten bread		E. P.		39.1	25.1	3.8	1.8	30.2	.3	1.8	24.9		255	1,160
Graham breads	Made with milk	E. P.		37.	10.	4.	2.	47.	1.				264	1,200
	Made with some milk	E. P.		37.	9.5	3.5	2.	48.	1.				262	1,185
	Made with water	E. P.		37.	9.	3.	2.	49.	1.				259	1,175
Partly graham bread	Containing some milk	E. P.		37.	9.	3.	1.6	49.4	.7				261	1,180
Raisin bread		E. P.		33.	9.	3.	2.	53.	.8				275	1,245
Rolls		E. P.		29.4	8.2	6.1	2.2	54.1	.2				304	1,380
Rusks (toasted)		E. P.		6.8	13.1	7.4	1.5	71.2	1.0				404	1,830

Rye bread, American	Half rye, half patent wheat flour	E. P.		37.6	8.9	2.0	1.8	49.7	.5				252	1,145
Rye bread, black or pumpernickel		E. P.		40.5	6.7	1.2	1.9	49.7	1.3				236	1,070
Salt-rising bread		E. P.		38.	7.1	3.3	1.2	50.4	.3				260	1,180
Toast, Melba		E. P.		5.	12.6	3.0	1.9	77.5	.4				387	1,755
Toast, plain		E. P.		24.0	10.1	2.4	1.5	62.0	.4				310	1,405
Vienna bread	No milk or shortening	E. P.		34.1	8.4	1.0	1.3	55.2	.3				263	1,195
White, milk	"All milk"	E. P.		36.0	9.	3.6	1.6	49.8	.3				268	1,215
White, commercial	Containing some milk solids	E. P.		35.9	8.5	2.0	1.3	52.3	.3				261	1,185
Zwieback		E. P.		4.9	10.9	8.6	1.3	74.3	.3				418	1,895
Breakfast foods (see Corn, Oatmeal, etc.).														
Broccoli:														
Fresh	E. P., flower stalks	E.P.		89.9	3.3	.2	1.1	5.5	1.3	1.9			37	170
	Ref., leaves and tough stalks	A. P.	53	42.3	1.6	.1	.5	2.5	.6				17	75
Brussels sprouts:														
Fresh		E. P.		84.9	4.4	.5	1.28	8.9	1.3				58	260
	Ref., outer leaves	A. P.	23	65.4	3.4	.4	1.0	6.8	1.0				44	200
Buckwheat flour:														
Dark and very dark		E. P.		12.	12.4	2.4	1.6	71.6	1.0				358	1,620
Light and very light		E. P.		12.	6.3	1.1	.9	79.7	.4				354	1,605
Pancake	Prepared, self-rising	E. P.		10.9	11.3	2.2	5.6	70.0	1.3				345	1,565
Burdock:														
Fresh	E. P., roots	E. P.		72.4	3.0	.1	1.14	23.4	2.3	7.3	.3		106	485
	Ref., scrapings and trimmings	A. P.	34	47.8	2.0	.1	.8	15.3	1.5				70	320
Butter		E. P.		15.5	.6	81.0	2.5	.4					733	3,325
Butterfish or dollarfish:														
Raw	E. P., flesh	E. P.		71.4	18.1	10.2	1.4	0.					164	745
	A. P., whole	A. P.	49	36.4	9.2	5.2	.7	0.					84	380
Buttermilk:														
Genuine		E. P.		90.7	3.5	.5	.7	4.6					37	165
Artificially cultured	Made from skim milk	E. P.		90.5	3.5	.2	.8	5.0					36	160
Butternuts	E. P., kernels	E. P.		3.8	23.7	61.2	2.9	8.4					679	3,080
	Ref., shells	A. P.	86	.5	3.3	8.6	.4	1.2					95	430
Cabbage:														
Fresh	Including green, white, red, and savoy	E. P.		92.4	1.4	.2	.75	5.3	1.0	3.5			29	130
	Ref., outer leaves and core	A. P.	27	67.5	1.0	.1	.5	3.9	.7				20	90

TABLE 2.—*Proximate composition of American food materials*—Continued

Food	Nature of sample and refuse	Basis	As purchased	Constituents of the edible portion										
			Refuse	Water	Protein	Fat	Ash	Carbohydrates				Acid	Fuel value	
								Total	Fiber	Sugars	Starch		Per 100 grams	Per pound
			Percent	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Calories*	*Calories*
Cabbage, Chinese:														
Fresh		E. P.		95.2	1.4	0.1	0.89	2.4	0.6	0.9	0.2		16	75
	Ref., outer leaves	A. P.	13	82.8	1.2	.1	.8	2.1	.5				14	65
Cakes:														
Angel		E. P.		31.6	8.4	.3	1.0	58.7	.0				271	1,230
Foundation		E. P.		25.1	5.9	11.7	1.4	55.9	.1				352	1,600
Foundation, frosted		E. P.		24.1	5.0	9.3	1.2	60.4	.1				345	1,565
Fruit, dark		E. P.		22.9	5.2	13.8	2.2	55.9	1.2				369	1,670
Plain		E. P.		26.8	6.4	8.2	1.6	57.0	.1				327	1,485
Plain, frosted		E. P.		25.2	5.2	6.2	1.3	62.1	.1				325	1,475
Pound		E. P.		19.3	7.1	23.5	.8	49.3	.1				437	1,985
Rich		E. P.		21.6	5.0	17.7	1.5	54.2	.1				396	1,795
Rich, frosted		E. P.		21.4	4.4	14.7	1.3	58.2	.0				383	1,735
Sponge		E. P.		31.8	7.9	5.0	.9	54.4	.2				294	1,335
Candy:														
Candied or glacé peel, fruits, etc.:														
Apricots		E. P.		12.	.6	.2	.7	86.5	.6				350	1,590
Cherries		E. P.		12.	.5	.2	.6	86.7	.5				351	1,590
Citron		E. P.		18.0	.2	.3	1.3	80.2	1.4				324	1,470
Figs		E. P.		21.	3.5	.2	1.6	73.7					311	1,410
Gingerroot	Crystallized	E. P.		12.	.3	.2	.4	87.1	.7				351	1,595
Lemon, orange, or grapefruit peel.		E. P.		17.4	.4	.3	1.3	80.6	2.3			0.2c	327	1,480

Pears		E. P.		21.0	1.3	.6	1.2	75.9					314	1,425
Pineapple		E. P.		18.	.8	.4	.8	80.	.8	76.5			327	1,480
Butterscotch		E. P.		5.	0.	12.	1.	82.					436	1,980
Caramels		E. P.		7.	2.	12.	1.	78.					428	1,940
Chocolate, bitter, sweet, milk, with nuts (see Chocolate).														
Chocolate creams		E. P.		9.	4.	14.	1.	72.					430	1,950
Fondant		E. P.		8.	0.	0.	1.	91.					364	1,650
Fudge, plain		E. P.		5.	2.	4.	1.	88.					396	1,795
Hard		E. P.		1.	0.	0.	0.	99.					396	1,795
Marshmallows		E. P.		15.	3.	0.	1.	81.					336	1,525
Peanut brittle		E. P.		2.	12.	18.	1.	67.					478	2,170
Cane (see Sirups, and Sugars).														
Cantaloup (see Muskmelons).														
Cape-gooseberry (see Ground-cherry).														
Carissa or Natal plum:														
Fresh	E. P., pulp	E. P.		79.9	.5	1.3	.4	17.9	.9	9.0		1.7c	85	385
	Ref., seeds and skin	A. P.	18	65.5	.4	1.1	.3	14.7	.7				70	315
Carp or German carp:														
Raw	E. P., flesh	E. P.		77.9	18.2	2.2	1.2	0.					93	420
Carp sucker:														
Raw	do	E. P.		76.2	19.2	3.2	1.2	0.					106	480
	A. P., whole	A. P.	61	29.7	7.5	1.2	.5	0.					41	185
Carrots:														
Fresh	E. P., roots	E. P.		88.2	1.2	.3	1.02	9.3	1.1	7.5			45	205
	Ref., tops and scrapings	A. P.	37	55.6	.8	.2	.6	5.8	.7				28	125
	Ref., tops only	A. P.	27	64.4	.9	.2	.7	6.8	.8				33	150
	Ref., scrapings only (if purchased without tops).	A. P.	12	77.6	1.1	.3	.9	8.2	1.0				39	180
Canned	E. P., contents of can	E. P.		89.6	1.0	.3	1.5	7.6	1.0				37	170
Canned, sieved		E. P.		91.9	.7	.1	.6	6.7	.6	3.9	.3		30	140
Cashew nuts	E. P., roasted or cooked seed	E. P.		4.1	19.6	47.2	2.7	26.4	1.0	6.8	10.7		609	2,760
Catchup, tomato	Salt, 2.5 percent	E. P.		69.5	2.0	.4	3.6	24.5	.4			1.5c	110	495
Catfish:														
Raw (see Fish, class 1).														

TABLE 2.—*Proximate composition of American food materials*—Continued

Food	Nature of sample and refuse	Basis	As purchased	Constituents of the edible portion										
			Refuse	Water	Protein	Fat	Ash	Carbohydrates				Acid	Fuel value	
								Total	Fiber	Sugars	Starch		Per 100 grams	Per pound
			Per cent	*Per cent*	*Per cent*	*Per cent*	*Per cent*	*Per cent*	*Per cent*	*Per cent*	*Per cent*	*Per cent*	*Calories*	*Calories*
Cauliflower:														
Fresh	A. P., with leafstalks:													
	E. P., bud	E. P.		91.7	2.4	0.2	0.85	4.9	0.9	2.6			31	140
	Ref., main stalk	A. P.	43	52.3	1.4	.1	.5	2.7	.5				18	80
	Ref., main stalk and leafstalks	A. P.	55	41.3	1.1	.1	.4	2.1	.4				14	65
Canned	E. P., contents of can	E. P.		94.5	1.	.2	1.3	3.0	.6				18	80
Caviar, sturgeon:														
Granular		E. P.		46.0	26.9	15.0	8.8	(0.)					243	1,100
Pressed		E. P.		36.0	34.4	16.7	8.0	(0.)					288	1,305
Celeriac:														
Fresh	E. P., roots	E. P.		88.3	1.7	.3	.9	8.8	1.4	.8	0.1		45	205
	Ref., parings	A. P.	14	75.9	1.5	.3	.7	7.6	1.2				39	175
Celery:														
Fresh	E. P., stalks	E. P.		93.7	1.3	.2	1.08	3.7	.7	1.2			22	100
	Ref., leaves and trimmings	A. P.	37	59.0	.8	.1	.7	2.4	.4				14	65
Canned, sieved		E. P.		93.8	.9	.2	1.0	4.1	.8				22	100
Chard:														
Fresh:														
Leaves only		E. P.		91.0	2.6	.4	1.20	4.8	.8	.8	.1		33	150
Stalks only		E. P.		95.2	1.0	.1	.8	2.9	.4	1.1	.7		16	75
Leaves and stalks		E. P.		91.8	1.4	.2	2.2	4.4	.9				25	115
Chayote:														
Fresh	E. P., fruit flesh	E. P.		91.6	1.0	.1	.48	6.8	.8	3.1	1.6		32	145
	Ref., skin of fruit	A. P.	15	77.9	.8	.1	.4	5.8	.7				27	120
Chayote roots		E. P.		77.4	1.8	.1	1.1	19.6	.8	.5	20.0		86	390
Chayote leaves		E. P.		91.0	3.2	.7	1.2	3.9	1.4	1.1			35	155
Cheese:														
Camembert		E. P.		51.0	19.7	25.2	4.1	.0					306	1,385
Cheddar, American		E. P.		39.	23.9	32.3	3.1	1.7					393	1,785

Cheddar, processed		E. P.		40.	22.3	30.2	5.8	1.7					368	1,670
Cottage (from skim milk)		E. P.		74.0	19.2	.8	1.7	4.3					101	460
Cream (Neufchâtel type)		E. P.		53.3	7.1	36.9	1.0	1.7		1.2		0.75L	367	1,665
Edam		E. P.		43.3	27.0	20.1	5.6	4.0					305	1,385
Emmenthaler	Similar to Swiss													
Gruyère	do													
Liederkranz		E. P.		53.3	15.8	25.6	4.2	1.1					298	1,350
Limburger		E. P.		38.3	23.5	32.4	5.1	.7					388	1,760
Limburger, processed		E. P.		48.	21.2	26.4	3.7	.7					325	1,475
Mysost		E. P.		28.3	9.3	1.4	6.6	54.4					267	1,215
Parmesan		E. P.		28.9	36.3	27.4	5.1	2.3					401	1,820
Roquefort		E. P.		37.4	21.7	33.2	6.3	1.4					391	1,775
Swiss		E.P.		34.0	28.6	31.3	4.2	1.9					404	1,830
Swiss, processed		E. P.		42.	23.8	26.1	6.5	1.6					336	1,525
Cherimoya:														
Fresh	E. P., pulp	E. P.		68.6	1.4	.4	.9	28.7	4.3	14.0		.2c	124	560
	Ref., seeds and skin	A. P.	29	48.7	1.0	.3	.6	20.4	3.1				88	400
Cherries:														
Fresh:														
Sour, sweet, and hybrid	E. P., flesh	E. P.		83.0	1.1	.5	.55	14.8	.3				68	310
	Ref., pits	A. P.	6	78.0	1.0	.5	.5	14.0	.3				64	290
Sour	E. P., flesh	E. P.		84.4	1.3	.5	.51	13.3		9.5		1.38m	63	285
	Ref., pits	A. P.	5	80.2	1.2	.5	.5	12.6					60	270
Sweet	E. P. flesh	E. P.		80.0	1.1	.5	.6	17.8	.4	11.6		.68m	80	365
	Ref., pits	A. P.	6	75.2	1.0	.5	.6	16.7	.4				75	340
Candied		E. P.		12.	.5	.2	.6	86.7	.5				351	1,590
Canned:														
Water pack:														
Red and white	E. P., contents of can (except pits)	E. P.		89.0	.6	.2	.4	9.8	.2	6.7			43	195
	Ref., pits	A. P.	4	85.4	.6	.2	.4	9.4	.2				42	190
Black	E. P., contents of can (except pits)	E. P.		82.5	.7	.3	.5	16.	.2				70	315
	Ref., pits	A. P.	4	79.2	.7	.3	.5	15.	.2				67	305

TABLE 2.—*Proximate composition of American food materials*—Continued

Food	Nature of sample and refuse	Basis	As purchased	Constituents of the edible portion										
			Refuse	Water	Protein	Fat	Ash	Carbohydrates				Acid	Fuel value	
								Total	Fiber	Sugars	Starch		Per 100 grams	Per pound
			Percent	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Calories*	*Calories*
Cherries—Continued.														
Canned—Continued.														
Juice pack:														
Red and white	E. P., contents of can (except pits)	E. P.		85.7	0.8	0.4	0.5	12.6	0.2	11.3			57	260
	Ref., pits	A. P.	4	82.3	.8	.4	.5	12.1	.2				55	250
Black	E. P., contents of can (exeept pits)	E. P.		80.5	.7	.3	.5	18.	.2				78	350
	Ref., pits	A. P.	4	77.3	.7	.3	.5	17.	.2				74	335
In sirup:														
Red, pitted	E. P., contents of can	E. P.		70.2	.6	.1	.6	28.5	.2				117	530
White	E. P., contents of can (exeept pits)	E. P.		78.1	.6	.1	.4	20.8	.2				86	390
	Ref., pits	A. P.	4	75.0	.6	.1	.4	20.0	.2				83	375
Marasehino	E. P., drained solids	E. P.		47.4	.4	.1	.2	51.9	.1	49.7			210	955
Chervil:														
Fresh	E. P., leaves	E. P.		80.7	3.4	.9	3.5	11.5					68	305
Chestnuts:														
Fresh	E. P., kernels (with brown skins)	E. P.		53.2	2.8	1.5	1.0	41.5	1.1	6.4	14.8		191	865
	Ref., shells	A. P.	19	43.1	2.3	1.2	.8	33.6	.9				154	700
Dried	E. P., kernels (with brown skins)	E. P.		8.4	6.7	4.1	2.2	78.6	2.5	14.4	41.1		378	1,715
	Ref., shells	A. P.	18	6.9	5.5	3.4	1.8	64.4	2.0				310	1,405
Chestnut flour		E. P.		11.7	6.1	3.7	2.6	75.9	2.0				361	1,640
Chicken:														
Fresh:														
Squab broilers (¾–1½ pounds live weight).	Dressed weight is 88 percent of live weight; drawn weight 63 percent.													
Total edible	E. P., flesh, fat, skin, and giblets	E. P.		74.9	21.6	2.7	1.4	0.					111	500
	A. P., live	A. P.	58	31.5	9.1	1.1	.6	0.					46	210
	A. P., dressed	A. P.	52	36.0	10.4	1.3	.7	0.					53	240
	A. P., drawn	A. P.	32	50.9	14.7	1.8	1.0	0.					75	340
Broilers (1½–2½ pounds live weight; about 8–12 weeks old).	Dressed weight is 88 percent of live weight; drawn weight 65 percent.													

Total edible	E. P., flesh, fat, skin, and giblets	E. P.		71.2	20.2	7.2	1.1	0.					146	660
	A. P., live	A. P.	51	34.9	9.9	3.5	.5	0.					71	320
	A. P., dressed	A. P.	45	39.2	11.1	4.0	.6	0.					80	360
	A. P., drawn	A. P.	25	53.4	15.2	5.4	.8	0.					109	500
Flesh only		E. P.		74.0	20.6	4.4	1.1	0.					122	550
Giblets		E. P.		73.7	19.2	4.5	1.3	0.					117	530
Fryers (2½–3½ pounds live weight; about 14–20 weeks old).	Dressed weight is 88 percent of live weight; drawn weight 68 percent.													
Total edible	E. P., flesh, fat, skin, and giblets	E. P.		67.6	20.0	11.0	1.0	0.					179	810
	A. P., live	A. P.	47	35.8	10.6	5.8	.5	0.					95	430
	A. P., dressed	A. P.	40	40.6	12.0	6.6	.6	0.					107	490
	A. P., drawn	A. P.	22	52.7	15.6	8.6	.8	0.					140	630
Flesh, skin, and giblets		E. P.		67.9	19.1	11.7	1.1	0.					182	820
Flesh only		E. P.		73.4	20.6	4.8	1.1	0.					126	570
Giblets		E. P.		74.0	19.7	3.5	1.3	0.					110	500
Roasters (over 3½ pounds live weight; about 5–9 months old).	Dressed weight is 89 percent of live weight; drawn weight 71 percent.													
Total edible	E. P., flesh, fat, skin, and giblets	E. P.		66.0	20.2	12.6	1.0	0.					194	880
	A. P., live	A. P.	46	35.6	10.9	6.8	.5	0.					105	480
	A. P., dressed	A. P.	39	40.3	12.3	7.7	.6	0.					118	540
	A. P., drawn	A. P.	23	50.8	15.6	9.7	.8	0.					150	680
Flesh, skin, and giblets		E. P.		67.2	19.6	11.7	1.0	0.					184	830
Flesh only		E. P.		72.8	21.1	4.5	1.1	0.					125	570
Giblets		E. P.		72.4	19.8	4.8	1.3	0.					122	560
Hens and cocks (mature birds).	Dressed weight is 90 percent of live weight; drawn weight 72 percent.													
Total edible	E. P., flesh, fat, skin, and giblets	E. P.		55.9	18.0	25.0	1.1	0.					297	1,350
	A. P., live	A. P.	42	32.4	10.4	14.5	.6	0.					172	780
	A. P., dressed	A. P.	36	35.8	11.5	16.0	.7	0.					190	860
	A. P., drawn	A. P.	20	44.7	14.4	20.0	.9	0.					238	1,080
Flesh, skin, and giblets		E. P.		59.7	18.1	21.1	1.0	0.					262	1,190
	A. P., live	A. P.	49	30.4	9.2	10.8	.5	0.					134	610
	A. P., dressed	A. P.	43	34.0	10.3	12.0	.6	0.					150	680
	A. P., drawn	A. P.	29	42.4	12.9	15.0	.7	0.					186	840
Flesh only		E. P.		70.3	21.3	7.1	1.1	0.					149	680
	A. P., live	A. P.	63	26.0	7.9	2.6	.4	0.					55	250
	A. P., dressed	A. P.	59	28.8	8.7	2.9	.5	0.					61	280
	A. P., drawn	A. P.	49	35.9	10.9	3.6	.6	0.					76	340
Giblets		E. P.		66.8	18.6	11.6	1.2	0.					179	810

TABLE 2.—*Proximate composition of American food materials*—Continued

Food	Nature of sample and refuse	Basis	As purchased	Constituents of the edible portion										
								Carbohydrates					Fuel value	
			Refuse	Water	Protein	Fat	Ash	Total	Fiber	Sugars	Starch	Acid	Per 100 grams	Per pound
Chicken—Continued.														
Fresh—Continued.														
Capons (over 4 pounds live weight; usually 7–10 months old).	Dressed weight is 90 percent of live weight; drawn weight 73 percent.		*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Calories*	*Calories*
Total edible	E. P., flesh, fat, skin, and giblets	E. P.		56.6	21.4	21.2	1.2	0.					276	1,250
	A. P., live	A. P.	40	34.0	12.8	12.7	.7	0.					166	750
	A. P., dressed	A. P.	34	37.4	14.1	14.0	.8	0.					182	830
	A. P., drawn	A. P.	17	47.0	17.8	17.6	1.0	0.					229	1,040
Flesh, fat, and skin		E. P.		55.8	21.6	22.0	1.2	0.					284	1,290
	A. P., live	A. P.	51	27.3	10.6	10.8	.6	0.					139	630
	A. P., dressed	A. P.	46	30.1	11.7	11.9	.6	0.					154	700
	A. P., drawn	A. P.	33	37.4	14.5	14.7	.8	0.					191	860
All classes:														
Light meat only		E. P.		72.5	23.3	3.2	1.2	0.					122	550
Dark meat only		E. P.		73.0	21.0	4.7	1.1	0.					126	570
Canned:														
Meat only		E. P.		61.9	29.8	8.0	2.4	0.					191	870
Meat and broth		E. P.		70.2	23.2	3.4	1.6	0.					123	560
Cooked (see Meat and poultry, cooked).														
Potted		E. P.		58.2	18.8	18.8	2.6	0.					244	1,110
Chickpeas:														
Dry	Whole seeds	E. P.		10.6	20.8	4.7	3.0	60.9	5.3				369	1,675
Chicory or "French endive":														
Fresh	E. P., leaves	E. P.		94.2	1.6	.3	1.0	2.9	.8	0.2			21	95
	Ref., outer leaves	A. P.	11	83.8	1.4	.3	.9	2.6	.7				19	85
Chili sauce		E. P.		68.7	2.8	.4	4.4	23.7	.7	22.		1.7a	110	495
Chives:														
Fresh	E. P., bulbs and tops	E. P.		86.0	3.8	.6	1.8	7.8	2.0				52	235
Chocolate:														
Bitter or unsweetened		E. P.		2.3	(5.5)	52.9	3.2	(18.)	2.6				570	2,585

Sweetened:															
Plain			E. P.		1.4	(2.)	29.8	1.4	(60.)	1.4	52.			516	2,340
Milk			E. P.		1.1	(6.)	33.5	1.7	(54.)	.5	49.			542	2,455
Milk, with almonds			E. P.		.6	(8.)	38.6	1.8	(51.)	.6	44.			583	2,645
Cider, sweet			E. P.		87.1	.1	.0	.25	12.5		10.5		.52m	50	230
Cisco (see Herring, lake).															
Citron:															
Candied			E. P.		18.0	.2	.3	1.3	80.2	1.4				324	1,470
Clams:															
Fresh:															
Long:															
Meat only			E. P.		80.6	13.6	1.7	2.0	2.1					78	355
	Ref., shells and liquor		A. P.	65	28.2	4.8	.6	.7	.7					27	125
Meat and liquor (59 percent solids; 41 percent liquor).			E. P.		85.8	8.6	1.0	2.6	2.0					51	235
	Ref., shells		A. P.	42	49.8	5.0	.6	1.5	1.2					30	135
Round:															
Meat only			E. P.		79.8	11.1	.9	2.3	5.9					76	345
	Ref., shells and liquor		A. P.	83	13.6	1.9	.2	.4	.9					13	60
Meat and liquor (52 percent solids; 48 percent liquor).			E. P.		86.2	6.5	.4	2.7	4.2					46	210
	Ref., shells		A. P.	68	27.6	2.1	.1	.9	1.3					15	65
Long and round:															
Meat only			E. P.		80.3	12.8	1.4	2.1	3.4					77	350
Meat and liquor (58 percent solids; 42 percent liquor).			E. P.		85.9	8.1	.9	2.6	2.5					50	230
Canned:															
Long and round:															
Meat only (discarding liquor).			E. P.		76.8	15.8	2.5	2.8	2.1					94	425
			A. P.	59	31.5	6.5	1.0	1.1	.9					39	175
Liquor			E. P.		93.7	2.2	.1	1.9	2.1					18	80
Meat and liquor			E. P.		86.7	7.9	1.	2.3	2.1					49	220
Clam bouillon, juice, or nectar:															
Canned			E. P.		94.8	1.4	.0	2.3	1.5					12	55
Cocoa:															
Plain:															
All	Dry powder		E. P.		4.3	(9.)	18.8	5.2	(31.)	4.8				329	1,495
Breakfast	do		E. P.		3.9	(8.)	23.8	5.0	(29.)	4.6				362	1,645
Soluble	do		E. P.		5.5	(7.5)	22.8	7.4	(29.)	4.5				351	1,595

TABLE 2.—*Proximate composition of American food materials*—Continued

Food	Nature of sample and refuse	Basis	As purchased	Constituents of the edible portion									Fuel value	
			Refuse	Water	Protein	Fat	Ash	Carbohydrates				Acid	Per 100 grams	Per pound
								Total	Fiber	Sugars	Starch			
			Percent	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Calories*	*Calories*
Coconut:														
Fresh	A. P., nut with shell and milk:													
Meat and milk		E. P.		60.2	2.5	25.0	0.9	11.4	2.3	5.0			281	1,275
	Ref., shell only	A. P.	26	44.5	1.9	18.5	.7	8.4	1.7				208	940
Meat (with brown skin)		E. P.		46.9	3.4	34.7	1.0	14.0	3.2	5.1			382	1,730
	Ref., shell and milk	A. P.	47	24.9	1.8	18.4	.5	7.4	1.7				202	920
Milk only		E. P.		93.6	.3	.4	.7	5.0		4.8			25	110
Prepared, sweetened:														
Moist, shredded		E. P.		17.3	3.7	28.6	.8	49.6	4.2	32.			471	2,135
Dried, shredded		E. P.		3.3	3.6	39.1	.8	53.2	4.1	36.			579	2,625
Coconut bars or cookies		E. P.		4.0	6.2	16.7	1.5	71.6					462	2,095
Cod:														
Raw	E. P., flesh	E. P.		82.6	16.5	.4	1.2	0.					70	315
	A. P., whole	A. P.	52	39.6	7.9	.2	.6	0.					33	150
	A. P., dressed	A. P.	31	57.0	11.4	.3	.8	0.					48	220
	A. P., steaks	A. P.	9	75.2	15.0	.4	1.1	0.					63	285
Canned (see Cod, raw, E. P.).														
Dried		E. P.		12.3	81.8	2.8	7.0	0.					352	1,600
Salted		E. P.		52.4	29.0	.7	19.7	0.					122	555
Cod, black (see Sablefish).														
Cod roe:														
Fresh		E. P.		70.6	24.3	1.8	2.0	(0.)					113	515
Collards:														
Fresh	E. P., leaves	E. P.		86.6	3.9	.6	1.70	7.2	1.2	1.2	0.2		50	225
	Ref., tough stalks and some leaves	A. P.	55	39.0	1.8	.3	.8	3.1	.5				22	100
Consommé		E. P.		95.	(1.)	0.	1.5	(0.)	.0				.4	20
Cookies:														
Crisp, thin, rich	Any flavor, including chocolate	E. P.		3.	7.8	18.0	1.4	69.8	.2				472	2,145
Soft, thick	do	E. P.		7.8	6.8	10.5	1.9	73.0	.2				414	1,875

Sandwich-type, commercial	do	E. P.		2.3	5.0	19.6	.9	72.2	.3				485	2,200
Iced thinly	do	E. P.		4.2	5.7	24.9	1.8	63.4	.3				500	2,270
Frosted thickly	do	E. P.		10.	4.	10.	1.	75.	.3				406	1,840
Coconut bars		E. P.		4.0	6.2	16.7	1.5	71.6					462	2,095
Fig bars		E. P.		13.8	4.2	4.8	1.4	75.8	1.7				363	1,645
Gingersnaps		E. P.		5.5	6.4	8.9	2.5	76.7	.4				412	1,870
Macaroons		E. P.		10.5	6.3	16.9	.9	65.4	1.1				439	1,990
Molasses cookies		E. P.		5.5	6.4	8.9	2.5	76.7	.4				412	1,870
Peanut cookies		E. P.		2.6	14.0	27.5	2.4	53.5	.8				518	2,345
Shortbread		E. P.		4.2	5.8	23.0	1.4	65.6	.1				493	2,235
Vanilla wafers		E. P.		5.6	6.1	14.9	1.0	72.4	.3				448	2,035
Corn:														
Field corn:														
Dry	Whole grain, white and yellow	E. P.		11.	10.0	4.3	1.3	73.4	2.1				372	1,690
Popcorn:														
Popped		E. P.		4.0	11.4	5.2	1.6	77.8	1.7				404	1,830
Unpopped		E. P.		9.8	11.9	4.7	1.5	72.1	2.1				378	1,715
Sweet corn:														
Fresh:														
All	E. P., kernels	E. P.		73.9	3.7	1.2	.66	20.5	.8	4.3	14.6		108	490
	A. P., with husks	A. P.	62	28.1	1.4	.5	.3	7.7	.3				41	185
	A. P., without husks	A. P.	43	42.1	2.1	.7	.4	11.7	.5				61	280
Young		E. P.		80.3	2.9	.8	.56	15.4	.6	5.2	8.7		80	365
	A. P., with husks	A. P.	70	24.1	.9	.2	.2	4.6	.2				24	110
Medium		E. P.		72.4	3.7	1.1	.8	22.0	.9	4.0	16.1		113	510
	A. P., with husks	A. P.	58	30.4	1.6	.5	.3	9.2	.4				48	220
Old		E. P.		65.7	4.5	1.8	1.	27.	.8	3.2	21.6		142	645
	A. P., with husks	A. P.	52	31.5	2.2	.9	.5	13.	.4				68	310
Canned	E. P., contents of can	E. P.		76.0	2.5	.9	1.0	19.6	.4				96	440
Dried		E. P.		9.6	12.7	7.3	2.0	68.4	2.0				390	1,770
Corn flakes		E. P.		9.3	7.9	.7	1.8	80.3	.5				359	1,630
Corn flour		E. P.		12.1	7.9	2.2	.8	77.0	.7				359	1,630

TABLE 2.—*Proximate composition of American food materials*—Continued

Food	Nature of sample and refuse	Basis	As purchased	Constituents of the edible portion										
								Carbohydrates				Acid	Fuel value	
			Refuse	Water	Protein	Fat	Ash	Total	Fiber	Sugars	Starch		Per 100 grams	Per pound
			Per cent	*Per cent*	*Per cent*	*Per cent*	*Per cent*	*Per cent*	*Per cent*	*Per cent*	*Per cent*	*Per cent*	*Calories*	*Calories*
Corn germ, commercially milled	Containing some bran and flour	E. P.		9.1	14.5	20.8	5.7	49.9	5.1				445	2,020
Corn, hominy (see Hominy).														
Corn meal:														
Whole ground:														
White or yellow		E. P.		12.	9.1	3.7	1.3	73.9	2.0				365	1,655
Bolted, degerminated:														
White		E. P.		12.	7.5	1.1	.6	78.8	.8				355	1,610
Yellow		E. P.		12.	8.3	1.2	.5	78.0	.7				356	1,615
Corn oil (see Oils, salad).														
Corn sirup (see Sirups).														
Corn sugar (see Sugars).														
Cornsalad:														
Fresh	E. P., leaves and stems	E. P.		92.8	2.0	.4	1.2	3.6	.8				26	120
	Ref., roots	A. P.	4	89.1	1.9	.4	1.2	3.4	.8				25	115
Cottonseed flour		E. P.		6.8	42.3	10.8	5.8	34.3	4.1		2.2		404	1,830
Cowpeas:														
Fresh:														
Shelled	Immature seeds	E. P.		65.9	9.4	.6	1.4	22.7					134	605
Young pods, as green vegetable (see Asparagus-beans).														
Dry	Whole mature seeds	E. P.		10.6	22.9	1.4	3.5	61.6	4.2	5.9	23.8		351	1,590
Crab apples:														
Fresh		E. P.		81.1	.4	.3	.42	17.8	.6	12.6		0.93m	76	340
Crab apple juice:														
Fresh		E. P.		85.0				(12.0)		11.2		.77m		
Crabs, Atlantic and Pacific, hard-shell:														
Fresh or cooked	E. P., meat	E. P.		80.0	16.1	1.6	1.7	.6					81	370
	Ref., shells	A. P.	52	38.4	7.7	.8	.8	.3					39	175
Canned		E. P.		77.2	16.9	2.9	1.7	1.3					99	450

Crackers:														
Butter		E. P.		4.9	9.8	12.4	2.1	70.8	.3				434	1,970
Cheese		E. P.		5.9	15.5	16.4	3.8	58.4	.1				443	2,010
Fat-rich		E. P.		3.1	8.7	17.9	1.7	68.6	.4				470	2,135
Graham		E. P.		5.5	8.0	10.0	2.2	74.3	.8				419	1,900
Oatmeal		E. P.		6.5	8.7	11.5	1.8	71.5	.3				424	1,925
Oyster (see Crackers, soda, plain).														
Saltines		E. P.		4.6	9.2	11.8	3.3	71.1	.4				427	1,940
Soda, plain		E. P.		5.7	9.6	9.6	2.4	72.7	.2				416	1,885
Sweet, tea biscuit		E. P.		4.6	7.7	11.0	1.2	75.5	.3				432	1,960
Water crackers, unshortened		E. P.		6.4	10.7	.3	.5	82.1	.4				374	1,695
Water crackers, shortened		E. P.		7.0	10.1	4.8	1.3	76.8	.5				391	1,775
Whole-wheat wafers		E. P.		7.3	9.4	7.4	2.2	73.7	.8				399	1,810
Cracker meal (see Crackers, soda, plain).														
Cranberries:														
Fresh		E. P.		87.4	.4	.7	.20	11.3	1.4	4.2		2.36c	53	240
Cranberry sauce:														
Canned	Sweetened	E. P.		48.1	.1	.3	.1	51.4	.4	43.		.9c	209	945
Crayfish, freshwater:														
Raw	E. P., flesh	E. P.		81.2	16.0	.5	1.3	1.0					72	330
	A. P., whole	A. P.	88	9.7	1.9	.1	.2	.1					9	40
Cream:														
Light, table, or coffee		E. P.		72.5	2.9	20.	.6	4.0					208	940
Heavy or whipping		E. P.		59.	2.3	35.	.5	3.2					337	1,530
Cress, garden:														
Fresh	E. P., leaves and stems	E. P.		87.2	4.2	1.4	1.9	5.3	1.2				51	230
	Ref., stalks and outer leaves	A. P.	37	54.9	2.6	.9	1.2	3.4	.8				32	145
Cress, water:														
Fresh	E. P., leaves and stems	E. P.		93.6	1.7	.3	1.09	3.3	.5				23	105
Croaker:														
Raw	E. P., flesh	E. P.		77.4	17.8	2.2	1.3	0.					91	415
	A. P., whole	A. P.	66	26.3	6.1	.7	.4	0.					31	140
Croaker, yellow-fin:														
Raw	E. P., flesh	E. P.		79.0	19.2	.8	1.2	0.					84	380
Cucumber:														
Fresh		E. P.		96.1	.7	.1	.44	2.7	.5	2.6			14	65
	Ref., parings	A. P.	30	67.3	.5	.1	.3	1.8	.4				10	45
Cultus, Pacific:														
Raw	E. P., flesh	E. P.		79.7	17.9	.8	1.2	0.					79	355
	A. P., whole	A. P.	50	39.8	9.0	.4	.6	0.					39	180

TABLE 2.—*Proximate composition of American food materials*—Continued

Food	Nature of sample and refuse	Basis	As purchased	Constituents of the edible portion									Fuel value	
								Carbohydrates				Acid		
			Refuse	Water	Protein	Fat	Ash	Total	Fiber	Sugars	Starch		Per 100 grams	Per pound
			Percent	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Calories*	*Calories*
Currants, red, white, and black:														
Fresh		E. P.		84.7	1.6	0.4	0.61	12.7	3.2	5.7		2.30c	61	275
Currant juice:														
Fresh:														
Red		E. P.		89.1	.3	.0	.54	10.1		6.2		2.00c	42	190
Black		E. P.			.5		.68	(13.8)		10.9		2.87c		
"Currants":														
Dried (see Raisins).														
Cusk, Atlantic:														
Raw	E. P., flesh	E. P.		82.0	17.0	.2	.9	0.					70	315
	A. P., entrails removed	A. P.	42	47.6	9.9	.1	.5	0.					40	185
Dandelion greens:														
Fresh		E. P.		85.8	2.7	.7	2.0	8.8	1.8	.7	0.2		52	235
Dasheens:														
Fresh	E. P., corms and tubers	E. P.		66.6	2.9	.2	1.42	28.9	.7	1.7	21.8		129	585
	Ref., skins	A. P.	16	55.9	2.4	.2	1.2	24.3	.6				109	495
Dasheen leaves and stems:														
Fresh		E. P.		87.8	2.7	.7	1.6	7.2	1.4		.4		46	210
Dates:														
"Fresh" and dried	E. P., flesh and skin	E. P.		20.	2.2	.6	1.8	75.4	2.4	61.2			316	1,430
	Ref., pits	A. P.	13	17.	1.9	.5	1.6	65.6	2.1				275	1,245
Deviled ham:														
Canned		E. P.		31.	19.	43.	7.	0.					463	2,100
Dock or sorrel:														
Fresh	E. P., leaves and stems	E. P.		93.3	2.1	.3	.95	3.4	.8	.0	.1		25	110
	Ref., stalks	A. P.	30	65.3	1.5	.2	.7	2.3	.6				17	75
Dollarfish (see Butterfish).														
Doughnuts		E. P.		18.7	6.6	21.0	1.0	52.7	.2				426	1,935
Drum, red:														
Raw	E. P., flesh	E. P.		80.2	18.0	.4	1.3	0.					76	345
	A. P., whole	A. P.	59	32.9	7.4	.2	.5	0.					31	140

Duck, domesticated:														
Fresh:														
Total edible	E. P., flesh, skin, giblets and most of fat	E. P.		54.3	16.0	28.6	1.0	0.					321	1,460
	A. P., dressed	A. P.	36	34.8	10.2	18.3	.6	0.					206	930
	A. P., drawn	A. P.	16	45.6	13.4	24.0	.8	0.					270	1,220
Flesh only		E. P.		68.8	21.4	8.2	1.2	0.					159	720
Cooked (see Meat and poultry, cooked).														
Duck, wild:														
Fresh:														
Total edible	E. P., flesh, skin, and giblets	E. P.		61.1	21.1	15.8	1.1	0.					227	1,030
	A. P., dressed	A. P.	42	35.4	12.2	9.2	.6	0.					131	600
Flesh only		E. P.		70.8	21.3	5.2	1.3	0.					132	600
Cooked (see Meat and poultry, cooked).														
Eels, American:														
Raw		E. P.		71.6	18.6	9.1	1.0	0.					156	710
	A. P., head, skin, and entrails removed	A. P.	24	54.4	14.1	6.9	.8	0.					119	540
Eels:														
Smoked		E. P.		50.2	18.6	27.8	2.4	0.					325	1,470
Eggplant:														
Fresh		E. P.		92.7	1.1	.2	.54	5.5	.9				28	130
	Ref., calyx and parings	A. P.	13	80.6	1.0	.2	.5	4.7	.8				25	115
	Ref., calyx only	A. P.	4	89.0	1.1	.2	.52	5.3	.9				27	125
Eggs:														
Fresh, stored, or frozen:														
Hen:														
Total edible	E. P., white and yolk	E. P.		74.0	12.8	11.5	1.0	.7		.3			158	715
	Ref., shell	A. P.	11	65.9	11.4	10.2	.9	.6					140	635
White only		E. P.		87.8	10.8	.0	.6	.8		.4			46	210
Yolk only		E. P.		49.4	16.3	31.9	1.7	.7		.2			355	1,610
Duck:														
Total edible	E. P., white and yolk	E. P.		70.8	13.1	14.3	1.0	.8		.3			184	835
	Ref., shell	A. P.	11	63.0	11.7	12.7	.9	.7					164	745
Goose:														
Total edible	E. P., white and yolk	E. P.		70.4	13.9	13.3	1.1	1.3		.4			180	820
	Ref., shell	A. P.	13	61.2	12.1	11.6	1.0	1.1					157	710
Turkey:														
Total edible	E. P., white and yolk	E. P.		72.6	13.1	11.8	.8	1.7		.4			165	750
	Ref., shell	A. P.	12	63.9	11.5	10.4	.7	1.5					146	660
Boiled (see Eggs, fresh, stored, or frozen).														
Endive:														
Fresh	E. P., leaves	E. P.		93.3	1.6	.2	.89	4.0	.8				24	110
	A. P., stalks and outer leaves	A. P.	48	48.5	.8	.1	.5	2.1	.4				12	55
"Endive, French," or chicory:														
Fresh	E. P., leaves	E. P.		94.2	1.6	.3	1.0	2.9	.8	.2			21	95
	Ref., outer leaves	A. P.	11	83.8	1.4	.3	.9	2.6	.7				19	85

TABLE 2.—*Proximate composition of American food materials*—Continued

Food	Nature of sample and refuse	Basis	As purchased	Constituents of the edible portion									Fuel value	
			Refuse	Water	Protein	Fat	Ash	Carbohydrates				Acid	Per 100 grams	Per pound
								Total	Fiber	Sugars	Starch			
Escarole (see Endive).			*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Calories*	*Calories*
Farina		E. P.		11.	11.5	1.0	0.4	76.1	0.3				359	1,630
Fats, cooking	Vegetable or animal	E. P.				100.							900	4,080
Feijoa:														
Fresh		E. P.		84.5	.9	.2	.5	13.9	3.4	6.6		0.3c	61	275
	Ref., skin	A. P.	13	73.5	.8	.2	.4	12.1	3.0				53	240
Fennel:														
Fresh	E. P., stems	E. P.		92.8	1.9	.2	1.5	3.6	.8				24	110
	A. P., leaves	A. P.	7	86.3	1.8	.2	1.4	3.3	.7				22	100
Figs:														
Fresh		E. P.		78.0	1.4	.4	.64	19.6	1.7	16.2		.17c	88	395
Dried		E. P.		24.	4.0	1.2	2.4	68.4	5.8	55.0		.6m	300	1,365
Candied		E. P.		21.	3.5	.2	1.6	73.7					311	1,410
Canned:														
Water pack	E. P., contents of can	E. P.		85.5	.5	.1	.4	13.5	.6				57	260
In sirup	do	E. P.		68.5	.8	.3	.4	30.	.9	28.		.1c	126	570
Fig bars		E. P.		13.8	4.2	4.8	1.4	75.8	1.7				363	1,645
Filberts (see Hazelnuts).														
Finnan haddie or haddock:														
Smoked		E. P.		72.6	23.2	.4	3.1	0.					96	435
Fish:														
Raw:														
Class 1, medium composition (see also kind as Alewife, Bass, etc.).	E. P., flesh	E. P.		77.2	19.0	2.5	1.3	0.					98	445
	A. P., whole	A. P.	55	34.7	8.6	1.1	.6	0.					44	200
	A. P., drawn	A. P.	52	37.1	9.1	1.2	.6	0.					47	215
	A. P., dressed	A. P.	33	51.7	12.7	1.7	.9	0.					66	300
	A. P., steaks or sections	A. P.	16	64.8	16.0	2.1	1.1	0.					83	375

Class 2, low fat, low protein (see also kind as Cod, Haddock, etc.).	E. P., flesh	E. P.		81.8	16.4	.5	1.3	0.					70	320
	A. P., whole	A. P.	55	36.8	7.4	.2	.6	0.					32	145
	A. P., drawn	A. P.	52	39.3	7.9	.2	.6	0.					34	150
	A. P., dressed	A. P.	33	54.8	11.0	.3	.9	0.					47	215
	A. P., steaks or sections	A. P.	16	68.7	13.8	.4	1.1	0.					59	265
Class 3, higher protein and fat (see individual kind, as Salmon, Mackerel, Tuna).														
Cooked:														
Boiled or steamed:														
Lean or medium-fat fish		E. P.		75.	21.	2.	1.5	0.					102	465
Fatter fish only		E. P.		65.	21.5	11.	2.0	0.					185	840
Baked or broiled		E. P.		60.	24.	12.5	2.5	0.					208	945
Fried in meal, flour, batter, etc.:														
Moderate fat absorption	Most fried fish	E. P.		60.	19.5	11.5	2.5	6.5					207	940
High fat absorption	Small fish, as smelts and sprats	E. P.		37.	24.5	30.	3.5	5.0					388	1,760
Flounders, southern:														
Raw	E. P., flesh	E. P.		77.6	21.3	.2	1.3	0.					87	395
	A. P., whole	A. P.	46	41.9	11.5	.1	.7	0.					47	215
Flounders, summer and winter:														
Raw	E. P., flesh	E. P.		82.7	14.9	.5	1.3	0.					64	290
	A. P., whole	A. P.	61	32.3	5.8	.2	.5	0.					25	115
	A. P., entrails removed	A. P.	59	33.9	6.1	.2	.5	0.					26	120
Flour (see Wheat, Rye, etc.)														
Flour, pancake, prepared, self-rising.	From wheat and mixed cereals	E. P.		11.2	10.3	1.5	4.7	72.3	.6				344	1,560
Frog's legs:														
Fresh		E. P.		81.9	16.4	.3	1.1	0.					68	310
	Ref., bones	A. P.	35	53.2	10.7	.2	.7	0.					44	200
Frozen custard		E. P.		68.	4.	9.	1.	18.					169	765
Game animals:														
Fresh	Lean meat	E. P.		73.	20.	6.	1.	0.					134	610
Garbanzos or chickpeas:														
Dry	Whole seeds	E. P.		10.6	20.8	4.7	3.0	60.9	5.3				369	1,675
Garlic:														
Fresh	E. P., bulbs	E. P.		74.2	4.4	.2	1.18	20.0	1.0				99	450
	Ref., skins	A. P.	8	68.3	4.0	.2	1.1	18.4	.9				91	415
Gelatin:														
Plain, dry		E. P.		13.0	85.6	.1	1.3	0.					343	1,555
Dessert powders	Sweetened, flavored	E. P.		1.6	9.4	.0	.3	88.7		87.			392	1,780
Ginger:														
Fresh	E. P., roots	E. P.		84.6	1.8	1.5	1.3	10.8	1.0				64	290
Candied		E. P.		12.	.3	.2	.4	87.1	.7				351	1,595

TABLE 2.—*Proximate composition of American food materials*—Continued

Food	Nature of sample and refuse	Basis	As purchased	Constituents of the edible portion									Fuel value	
								Carbohydrates						
			Refuse	Water	Protein	Fat	Ash	Total	Fiber	Sugars	Starch	Acid	Per 100 grams	Per pound
			Percent	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Calories*	*Calories*
Ginger ale	About 11 calories per fluid ounce	E. P.		91.				9.					36	165
Gingerbread		E. P.		30.4	4.2	11.9	2.1	51.4	0.1				330	1,495
Gingersnaps		E. P.		5.5	6.4	8.9	2.5	76.7	.4				412	1,870
Gizzard:														
Fresh:														
Chicken		E. P.		71.1	23.1	3.8	1.4	.6					129	590
Duck		E. P.		73.3	21.3	3.7	1.1	.6					121	550
Goose		E. P.		73.0	21.4	5.3	1.0	0.					133	600
Turkey		E. P.		66.6	20.5	10.6	1.0	1.3					183	830
Gluten flour		E. P.		8.5	41.4	1.9	1.0	47.2	.4	4.4	36.8		372	1,685
Goose, domesticated:														
Fresh:														
Total edible	E. P., flesh, skin, and giblets	E. P.		51.1	16.4	31.5	.9	0.					349	1,580
	A. P., dressed	A. P.	41	30.1	9.7	18.6	.5	0.					206	930
	A. P., drawn	A. P.	10	46.0	14.8	28.4	.8	0.					314	1,430
Flesh and skin		E. P.		49.7	15.9	33.6	.9	0.					366	1,660
Flesh only		E. P.		68.3	22.3	7.1	1.1	0.					153	690
Gooseberries:														
Fresh	Ripe and underripe	E. P.		88.3	.8	.4	.39	10.1	2.5	4.2		2.32c	47	215
Canned:														
Water pack	E. P., contents of can	E. P.		93.	.5	.2	.3	6.	1.5				28	125
In sirup	do	E. P.		80.5	.5	.2	.3	18.5	1.5				78	355
Granadilla, purple, or passion fruit:														
Fresh	E. P., juice	E. P.		80.6	1.2	.0	.5	17.7	0.	11.5		2.2c	76	345
	Ref., rind and seeds	A. P.	71	23.4	.3	.0	.1	5.2	0.				22	100

Grapefruit:														
Fresh:														
All		E. P.		88.8	.5	.2	.42	10.1	.3	6.5			44	200
	Ref., rinds and seeds	A. P.	34	58.6	.3	.1	.3	6.7	.2				29	130
California-grown		E. P.		87.7	.5	.2	.4	11.2	.3	6.6		2.23c	49	220
	Ref., rinds and seeds	A. P.	34	57.9	.3	.1	.3	7.4	.2				32	145
Florida-grown		E. P.		90.1	.5	.2	.54	8.7		6.5		1.16c	39	175
	Ref., rinds and seeds	A. P.	31	62.2	.3	.1	.4	6.0					26	120
Canned:														
Water pack	E. P., contents of can	E. P.		91.	.5	.2	.3	8.	.2				36	160
Juice pack	do	E. P.		90.	.5	.2	.3	9.	.2				40	180
In sirup	do	E. P.		85.5	.5	.2	.3	13.5	.2				58	260
Grapefruit juice:														
Fresh:														
Florida-grown fruit		E. P.		90.1			.4	(8.1)		6.7		1.42c		
California-grown fruit		E. P.		89.3	.4	.1	.4	9.8		7.0		1.77c	42	190
Arizona-grown fruit		E. P.		89.9				(8.3)		6.7		1.61c		
Canned:														
Unsweetened		E. P.		88.	.4	.1	.4	11.1		8.5		1.6c	47	215
Sweetened		E. P.		83.	.4	.1	.4	16.1		14.		1.6c	67	305
Grapefruit peel:														
Candied		E. P.		17.4	.4	.3	1.3	80.6	2.3			.2c	327	1,480
Grapes:														
Fresh:														
American type (slip skin) as Concord, Delaware, Niagara, and Scuppernong.	E. P., pulp or pulp and skin	E. P.		81.9	1.4	1.4	.45	14.9	.5	11.5		1.21m	78	355
	Ref., seeds only	A. P.	6	77.0	1.3	1.3	.4	14.0	.5				73	330
	Ref. skins and seeds (No data on stems).	A. P.	22	63.9	1.1	1.1	.4	11.5	.4				60	270
European type (adherent skin) as Malaga, Muscat, Sultanina (Thompson Seedless), and Flame Tokay.	E. P., pulp and skin	E. P.		81.6	.8	.4	.46	16.7	.5	14.9		.47m	74	335
	Ref., seeds and stems	A. P.	3	79.2	.8	.4	.4	16.2	.5				72	325
Canned (European type):														
Water pack	E. P., contents of can	E. P.		85.5	.6	.6	.3	13.					60	270
Grape juice:														
Fresh:														
American type:														
All		E. P.		80.7	.4	.0	.39	18.5		16.8		.80m	76	345
Catawba		E. P.		79.1	.4	.0	.30	20.2		17.9		.89m	82	375
Concord		E. P.		82.1	.3	.0	.33	17.3		15.7		.63m	70	320

TABLE 2.—*Proximate composition of American food materials*—Continued

Food	Nature of sample and refuse	Basis	As purchased	Constituents of the edible portion									Fuel value	
			Refuse	Water	Protein	Fat	Ash	Carbohydrates				Acid	Per 100 grams	Per pound
								Total	Fiber	Sugars	Starch			
Grape juice—Continued.														
Fresh—Continued.														
American type—Continued.														
Delaware		E. P.		77.3	0.3	0.0	0.32	22.1		19.9		0.65m	90	405
Muscadine		E. P.		86.7	.1	.0	.2	13.0		12.5		.69m	52	240
European type:														
All		E. P.		77.1	.4			(20.4)		19.8		.61m		
Table and juice grapes		E. P.		78.3	.4			(18.9)		18.3		.63m		
Raisin grapes		E. P.		73.6	.5			(25.2)		24.6		.55m		
Bottled commercial, any type		E. P.		81.	.4	.0	.4	18.2		16.8		.8m	74	335
Grayfish (a shark):														
Raw	E. P., flesh	E. P.		72.3	17.6	9.0	.0	0.					151	685
Greenland halibut (see Turbot).														
Groundcherry (including poha and Cape-gooseberry):														
Fresh	E. P., fruit pulp	E. P.		82.9	2.1	.8	.9	13.3	3.4	8.2		1.4c	69	310
	Ref., husks and stems	A. P.	7	77.1	2.0	.7	.8	12.4	3.2				64	290
Grouper, spotted hind:														
Raw	E. P., flesh	E. P.		77.5	19.1	1.2	1.3	0.					87	395
	A. P., whole	A. P.	55	34.9	8.6	.5	.6	0.					39	180
Guavas:														
Fresh:														
Common	E. P., pulp including seeds or pulp only	E. P.		80.6	1.0	.6	.70	17.1	5.5	6.1		.62c	78	355
	Ref., skins only	A. P.	13	70.1	.9	.5	.6	14.9	4.8				68	305
	Ref., skins and seeds	A. P.	18	66.1	.8	.5	.6	14.0	4.5				64	290
Strawberry	E. P., pulp including seeds	E. P.		79.3	1.2	.6	.73	18.2	6.5	6.7		1.1c	83	375
	Ref., skins	A. P.	14	68.2	1.0	.5	.6	15.7	5.6				71	320
Guinea hen:														
Fresh:														
Total edible	E. P., flesh, skin, and giblets	E. P.		69.0	23.1	6.4	1.2	0.					150	680
	A. P., live	A. P.	50	34.5	11.6	3.2	.6	0.					75	340
	A. P., drawn	A. P.	16	58.0	19.4	5.4	1.0	0.					126	570

Haddock:														
Raw	E. P., flesh	E. P.		81.7	17.2	.3	1.2	0.					72	325
	A. P., whole or entrails removed	A. P.	52	39.2	8.3	.1	.6	0.					34	155
Smoked		E. P.		72.6	23.2	.4	3.1	0.					96	435
Hakes (including Boston hake, squirrel hake, and silver hake or whiting):														
Raw	E. P., flesh	E. P.		81.6	16.3	1.1	1.1	0.					75	340
	A. P., whole	A. P.	58	34.3	6.8	.5	.5	0.					32	145
	A. P., entrails removed	A. P.	52	39.2	7.8	.5	.5	0.					36	165
Halibut:														
Raw	E. P., flesh	E. P.		75.4	18.6	5.2	1.0	0.					121	550
	A. P., steak or section	A. P.	19	61.1	15.1	4.2	.8	0.					98	445
Smoked		E. P.		49.4	20.8	15.0	15.0	0.					218	990
Halibut, California:														
Raw	E. P., flesh	E. P.		77.8	19.8	1.4	1.3	0.					92	415
Ham (see Pork, cured and Pork, fresh).														
Haw, scarlet:														
Fresh	E. P., flesh and skin	E. P.		75.8	2.0	.6	.8	20.8	2.1				97	440
	Ref., core	A. P.	20	60.6	1.6	.5	.6	16.7	1.7				78	355
Hazelnuts (including filberts)	E. P., kernel	E. P.		6.0	12.7	60.9	2.7	17.7	3.4	3.2	1.6		670	3,040
	Ref., shell	A. P.	53	2.8	6.0	28.6	1.3	8.3	1.6				315	1,430
Heart:														
Fresh:														
Beef, lean		E. P.		77.6	16.9	3.7	1.1	.7					104	470
Beef, lean with visible fat		E. P.		63.0	15.4	20.7	.8	.1					248	1,130
Chicken		E. P.		69.6	20.5	7.0	1.3	1.6					151	690
Pork		E. P.		76.8	16.9	4.8	1.1	.4					112	510
Sheep		E. P.		71.6	16.8	9.6	1.0	1.0					158	710
Turkey		E. P.		69.8	16.2	12.7	1.1	.2					180	820
Veal		E. P.		75.6	15.4	7.1	1.1	.8					129	580
Herring, Atlantic:														
Raw	E. P., flesh	E. P.		73.0	19.0	6.7	1.6	0.					136	620
	A. P., whole	A. P.	49	37.2	9.7	3.4	.8	0.					70	315
Herring, lake, or cisco:														
Raw	E. P., flesh	E. P.		74.0	18.5	6.8	1.1	0.					135	615
	A. P., whole	A. P.	44	41.4	10.4	3.8	.6	0.					76	345
Herring, Pacific:														
Raw	E. P., flesh	E. P.		79.6	16.6	2.6	1.3	0.					90	405

TABLE 2.—*Proximate composition of American food materials*—Continued

Food	Nature of sample and refuse	Basis	As purchased	Constituents of the edible portion										
			Refuse	Water	Protein	Fat	Ash	Carbohydrates				Acid	Fuel value	
								Total	Fiber	Sugars	Starch		Per 100 grams	Per pound
			Percent	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Calories*	*Calories*
Herring:														
Canned:														
Plain		E. P.		63.1	20.7	12.4	3.9	0.					194	880
In tomato sauce		E. P.		66.7	15.8	10.5	3.3	3.7					172	780
Pickled, Bismarck type		E. P.		59.4	20.4	15.1	4.0	0.					218	985
Salted, or brined		E. P.		58.1	19.6	11.3	12.0	0.					180	815
Smoked:														
Bloaters		E. P.		64.0	19.6	12.4	3.2	0.					190	860
Hard		E. P.		34.6	36.9	15.8	13.2	0.					290	1,315
Kippered		E. P.		61.0	22.2	12.9	4.0	0.					205	930
Herring roe:														
Fresh		E. P.		69.2	26.3	4.2	1.4	(0.)					143	650
Hickory nuts	E. P., kernels	E. P.		3.5	13.9	67.4	2.0	13.2	2.2				715	3,245
	Ref., shells	A. P.	65	1.2	4.9	23.6	.7	4.6	.8				250	1,135
Hominy:														
Dry		E. P.		11.4	8.5	.8	.4	78.9	.4				357	1,620
Cooked or canned		E. P.		82.6	1.8	.2	.5	14.9	.1				69	310
Honey	Strained or extracted	E. P.		20.	.3	0.	.2	79.5		76.			319	1,450
Horse mackerel, Pacific:														
Raw	E. P., flesh	E. P.		71.4	21.6	5.6	1.2	0.					137	620
Horseradish:														
Fresh		E. P.		73.4	3.2	.2	1.8	21.4	2.4				100	455
	Ref., parings	A. P.	27	53.6	2.3	.1	1.3	15.7	1.8				73	330
Prepared		E. P.		85.	1.4	.1	1.5	12.	1.0				54	245

Huckleberries (see Blueberries).														
Ice cream and **frozen desserts:**														
Ice cream:														
Plain		E. P.		62.	3.9	13.	.8	20.3					214	970
Rich		E. P.		54.8	3.5	23.	.7	18.0					293	1,330
Ices	Fruit juice, sugar, and water	E. P.		72.5	.1	.1	.3	27.					109	495
Frozen custard		E. P.		68.	4.	9.	1.	18.					169	765
Sherbet		E. P.		69.4	2.	3.	.6	25.					135	610
Iceland moss		E. P.		13.7	(0.)	2.4	1.5	(0.)						
Irish moss (see Algae).														
Jams and **preserves:**														
Commercial		E. P.		28.	.5	.3	.4	70.8	.6				288	1,305
Home-cooked		E. P.		40.	.4	.3	.4	58.9	1.2				240	1,090
Jellies		E. P.		34.5	.2	.0	.3	65.	.0	63.		0.7c	261	1,185
Jerusalem-artichokes:														
Fresh		E. P.		79.5	2.2	.1	1.17	17.0	.8				78	350
	Ref., parings	A. P.	31	54.9	1.5	.1	.8	11.7	.6				54	245
Jew's mallow:														
Fresh	E. P., leaves and stems	E. P.		85.0	5.1	.5	2.	7.4					54	245
Jujube:														
Fresh		E. P.		63.9	1.2	.3	.9	33.7	1.5	25.6		.4c	142	645
	Ref., seeds	A. P.	7	59.4	1.1	.3	.8	31.3	1.4				132	600
Dried		E. P.		16.8	3.9	.9	2.1	76.3	3.1	60.0		1.2c	329	1,490
	Ref., seeds	A. P.	12	14.8	3.4	.8	1.8	67.1	2.7				289	1,315
Junket powder:														
Chocolate flavor		E. P.		1.	3.	5.	2.	89.					413	1,875
Other than chocolate		E. P.		.3	.1	.1	.8	98.7		97.7			396	1,795
Kale:														
Fresh	E. P., leaves	E. P.		86.6	3.9	.6	1.70	7.2	1.2	1.2	0.2		50	225
	Ref., stalks, outer leaves, in some cases midribs.	A. P.	36	55.4	2.5	.4	1.09	4.6	.8				32	145
Kelp (see Algae).														
Kidneys:														
Fresh:														
Beef		E. P.		74.9	15.0	8.1	1.08	.9					136	620
Pork		E. P.		77.1	16.3	4.6	1.2	.8					110	500
Sheep		E. P.		77.8	16.6	3.3	1.3	1.0					100	450
Veal		E. P.		76.4	16.8	5.2	1.4	.2					115	520
Kingfish, Pacific:														
Raw	E. P., flesh	E. P.		79.7	18.0	.8	1.3	0.					79	360

TABLE 2.—*Proximate composition of American food materials*—Continued

Food	Nature of sample and refuse	Basis	As purchased	Constituents of the edible portion									Fuel value	
			Refuse	Water	Protein	Fat	Ash	Carbohydrates				Acid	Per 100 grams	Per pound
								Total	Fiber	Sugars	Starch			
			Percent	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Calories*	*Calories*
King whiting:														
Raw	E. P., flesh	E. P.		77.3	18.3	3.0	1.3	0.					100	455
	A. P., whole	A. P.	56	34.0	8.1	1.3	.6	0.					44	200
Kohlrabi:														
Fresh	E. P., stem (bulb-like)	E. P.		90.1	2.1	.1	1.05	6.7	1.1	2.2			36	165
	Ref., tops and parings	A. P.	46	48.7	1.1	.1	.6	3.5	.6				19	85
Kumquats:														
Fresh	E. P., pulp and skin	E. P.		81.3	.9	.1	.6	17.1	3.7	14.2		1.0c	73	330
	Ref., seeds	A. P.	7	75.6	.8	.1	.6	15.9	3.4				68	310
Lake trout:														
Raw	E. P., flesh	E. P.		70.8	17.8	10.3	1.2	0.					164	745
	A. P., whole	A. P.	57	30.4	7.7	4.4	.5	0.					70	320
	A. P., entrails removed	A. P.	36	45.3	11.4	6.6	.8	0.					105	475
Lamb:														
Fresh:														
Carcass or side:														
Thin	E. P., 84 percent lean	E. P.		66.3	17.1	14.8	.9	0.					202	910
	A. P., 58 percent lean	A. P.	31	45.7	11.8	10.2	.6	0.					139	630
Intermediate	E. P., 72 percent lean	E. P.		55.8	15.7	27.7	.8	0.					312	1,420
	A. P., 56 percent lean	A. P.	22	43.5	12.2	21.6	.6	0.					243	1,100
Fat	E. P., 59 percent lean	E. P.		46.2	13.0	39.8	.7	0.					410	1,860
	A. P., 48 percent lean	A. P.	19	37.4	10.5	32.2	.6	0.					332	1,510
Wholesale cuts:														
Breast:														
Thin	E. P., 80 percent lean													
	A. P., 49 percent lean	A. P.	39											
Intermediate	E. P., 64 percent lean													
	A. P., 46 percent lean	A. P.	28											
Fat	E. P., 53 percent lean													
	A. P., 39 percent lean	A. P.	26											

Leg, trimmed:															
Thin	E. P., 90 percent lean	E. P.		71.0	18.4	9.1	1.0	0.					156	710
	A. P., 70 percent lean	A. P.	23	54.7	14.2	7.0	.8	0.					120	540
Intermediate	E. P., 83 percent lean	E. P.		63.7	18.0	17.5	.9	0.					230	1,040
	A. P., 69 percent lean	A. P.	17	52.9	14.9	14.5	.7	0.					190	860
Fat	E. P., 78 percent lean	E. P.		59.8	16.7	22.4	.8	0.					268	1,220
	A. P., 65 percent lean	A. P.	16	50.2	14.0	18.8	.7	0.					225	1,020
Loin:															
Thin	E. P., 85 percent lean														
	A. P., 65 percent lean	A. P.	23												
Intermediate	E. P., 72 percent lean														
	A. P., 61 percent lean	A. P.	15												
Fat	E. P., 56 percent lean														
	A. P., 50 percent lean	A. P.	12												
Neck:															
Thin	E. P., 91 percent lean														
	A. P., 54 percent lean	A. P.	41												
Intermediate	E. P., 78 percent lean														
	A. P., 53 percent lean	A. P.	32												
Fat	E. P., 60 percent lean														
	A. P., 43 percent lean	A. P.	28												
Rib cut (9 ribs):															
Thin	E. P., 85 percent lean	E. P.		65.3	17.7	15.6	.9	0.					211	960
	A. P., 55 percent lean	A. P.	35	42.4	11.5	10.1	.6	0.					137	620
Intermediate	E. P., 68 percent lean	E. P.		51.9	14.9	32.4	.8	0.					351	1,590
	A. P., 52 percent lean	A. P.	24	39.4	11.3	24.6	.6	0.					267	1,210
Fat	E. P., 51 percent lean	E. P.		38.7	11.2	49.2	.6	0.					488	2,210
	A. P., 41 percent lean	A. P.	18	31.7	9.2	40.3	.5	0.					400	1,810
Shoulder (3 ribs):															
Thin	E. P., 84 percent lean	E. P.		67.2	16.7	14.7	.9	0.					199	900
	A. P., 62 percent lean	A. P.	27	49.1	12.2	10.7	.7	0.					145	660
Intermediate	E. P., 78 percent lean	E. P.		58.3	15.6	25.3	.8	0.					290	1,320
	A. P., 62 percent lean	A. P.	20	46.6	12.5	20.2	.6	0.					232	1,050
Fat	E. P., 67 percent lean	E. P.		51.3	13.6	34.3	.7	0.					363	1,650
	A. P., 55 percent lean	A. P.	18	42.1	11.2	28.1	.6	0.					298	1,350
Cooked (see Meat and poultry, cooked).															
Lamb organs (see Liver, etc.).															
Lambsquarters:															
Fresh	E. P., leaves and stems	E. P.		84.2	3.8	.7	3.0	8.3	2.6	.3	1.4		55	250
Lambsquarters, Algerian:															
Fresh	E. P., leafy shoots	E. P.		76.7	7.6	.9	4.3	10.5					80	365

TABLE 2.—*Proximate composition of American food materials*—Continued

Food	Nature of sample and refuse	Basis	As purchased	Constituents of the edible portion									Fuel value	
			Refuse	Water	Protein	Fat	Ash	Carbohydrates				Acid	Per 100 grams	Per pound
								Total	Fiber	Sugars	Starch			
			Per cent	*Per cent*	*Per cent*	*Per cent*	*Per cent*	*Per cent*	*Per cent*	*Per cent*	*Per cent*	*Per cent*	*Calories*	*Calories*
Lard		E. P.				100.							900	4,080
Laver (see Algae).														
Leeks:														
Fresh	E. P., bulbs and some leaf	E. P.		88.2	2.5	.4	1.03	7.9	1.3	2.6	1.4		45	205
	Ref., tops and rootlets	A. P.	48	45.9	1.3	.2	.5	4.1	.7				23	105
Lemons:														
Fresh		E. P.		89.3	.9	.6	.54	8.7	.9	2.2		5.07c	44	200
	Ref., rind and seeds	A. P.	38	55.4	.6	.4	.3	5.3	.6				27	120
Lemon juice:														
Fresh		E. P.		89.4			.33	(8.3)		2.3		5.96c		
Canned		E. P.		91.	.4	.3	.3	8.		2.		5.c	36	165
Lemon peel:														
Candied		E. P.		17.4	.4	.3	1.3	80.6	2.3			.2c	327	1,480
Lentils:														
Dry:														
Whole	Entire seed	E. P.		11.2	24.7	1.0	3.2	59.9	3.3				347	1,575
Split	Without seed coat	E. P.		12.2	24.0	1.2	2.2	60.4	1.7				348	1,580
Lettuce:														
Fresh	E. P., inner leaves	E. P.		94.8	1.2	.2	.91	2.9	.6	1.6			18	85
	Ref., stalks and outer leaves	A. P.	31	65.4	.8	.1	.6	2.1	.4				12	55
Lichens (see Iceland moss).														
Lima bean flour		E. P.		10.5	21.5	1.4	3.6	63.0	2.				351	1,590
Limes:														
Fresh		E. P.		86.0	.8	.1	.8	12.3		.5		5.9c	53	240
	Ref., rind and seeds	A. P.	24	65.4	.6	.1	.6	9.3					40	180
Lime juice:														
Fresh		E. P.		91.0	.4	.0	.3	8.3		1.4		6.9c	35	160
Limes, sweet:														
Fresh		E. P.		89.6	.8	.1	.6	8.9	.3	6.0		.16c	40	180
	Ref., rind and seeds	A. P.	23	69.0	.6	.1	.5	6.8	.2				30	135
Litchi fruits:														
Dried	E. P., fruit flesh	E. P.		24.	3.6	.5	1.9	70.0	3.2	65.8			299	1,355
	Ref., thin shell and seed	A. P.	54	11.	1.7	.2	.9	32.2	1.5				137	625

Liver:															
Fresh:															
Beef		E. P.		69.7	19.7	3.2	1.4	6.0					132	600
Calf		E. P.		70.8	19.0	4.9	1.3	4.0					136	620
Chicken		E. P.		69.6	22.1	4.0	1.7	2.6					135	610
Goose		E. P.		66.9	16.5	10.0	1.2	5.4					178	810
Hog		E. P.		72.3	19.7	4.8	1.5	1.7					129	580
Sheep or lamb		E. P.		70.8	21.0	3.9	1.4	2.9					131	590
Turkey		E. P.		70.9	22.0	4.8	1.6	.7					134	610
Liver paste or paté de foie gras		E. P.		37.0	11.4	43.8	3.0	4.8					459	2,080
Lobster:															
Fresh or boiled	E. P., flesh	E. P.		79.2	16.2	1.9	2.2	.5					84	380
	A. P., whole	A. P.	64	28.5	5.8	.7	.8	.2					30	135
Canned		E. P.		77.2	18.4	1.3	2.7	.4					87	395
Lobster or shrimp paste		E. P.		61.3	20.8	9.4	7.0	1.5					174	790
Logan blackberries or logan-berries:															
Fresh		E. P.		82.9	1.0	.6	.52	15.0	1.4	6.0		2.18c	69	315
Canned:															
Water pack	E. P., contents of can	E. P.		87.3	1.0	.6	.4	10.7	1.9	4.6			52	235
Juice pack	do	E. P.		86.	1.	.1	.4	12.5	2.				55	259
Logan blackberry juice:															
Fresh or canned		E. P.		88.9	.6	.0	.40	10.1		6.5		1.89c	43	195
Loquats:															
Fresh	E. P., flesh	E. P.		86.5	.4	.2	.5	12.4	.5	8.5		1.4c	53	240
	Ref., skin and seeds	A. P.	38	53.6	.2	.1	.3	7.8	.3				33	150
Lungs:															
Fresh:															
Beef		E. P.		78.8	17.6	2.3	1.0	0.					92	420
Calf		E. P.		77.4	16.8	3.8	1.2	0.					105	470
Sheep		E. P.		76.7	19.3	2.3	1.2	0.					100	450
Macadamia nuts	E. P., kernels	E. P.		3.1	8.7	71.4	1.7	15.1	2.5	2.7			738	3,345
	Ref., shells	A. P.	69	1.0	2.7	22.1	.5	4.7	.8				229	1,035
Macaroni:															
Dry, uncooked		E. P.		11.	13.	1.4	.7	73.9	.4				360	1,635
Cooked, plain		E. P.		75.	3.7	.4	1.5	19.4	.1				96	435
Macaroons		E. P.		10.5	6.3	16.9	.9	65.4	1.1				439	1,990

TABLE 2.—*Proximate composition of American food materials*—Continued

Food	Nature of sample and refuse	Basis	As purchased	Constituents of the edible portion										
								Carbohydrates					Fuel value	
			Refuse	Water	Protein	Fat	Ash	Total	Fiber	Sugars	Starch	Acid	Per 100 grams	Per pound
			Per cent	*Per cent*	*Per cent*	*Per cent*	*Per cent*	*Per cent*	*Per cent*	*Per cent*	*Per cent*	*Per cent*	*Calories*	*Calories*
Mackerel, common Atlantic:														
Raw	E. P., flesh	E. P.		68.1	18.7	12.	1.2	0.					183	830
	A. P., whole	A. P.	46	36.8	10.1	6.	.6	0.					99	450
	A. P., entrails removed	A. P.	43	38.8	10.7	7.	.7	0.					104	475
Mackerel, Pacific coast:														
Raw	E. P., flesh	E. P.		69.4	22.2	7.6	1.4	0.					157	715
Mackerel, Spanish (see Spanish mackerel).														
Mackerel:														
Canned	E. P., contents of can	E. P.		66.6	22.6	7.9	2.9	0.					162	735
Salted		E. P.		43.0	18.5	25.1	13.0	0.					300	1,360
Smoked		E. P.		59.4	23.8	13.0	2.	0.					212	965
Malt breakfast food	Miscellaneous cereals	E. P.		5.	12.3	1.4	2.1	79.2	1.5				379	1,715
Mamey or mammee apple:														
Fresh	E. P., flesh	E. P.		86.5	.5	.8	.3	11.9	2.6	7.8		0.5c	57	260
	Ref., seeds and skin	A. P.	38	53.6	.3	.5	.2	7.4	1.6				35	160
Mangos:														
Fresh		E. P.		81.4	.7	.2	.48	17.2	1.0	13.7		.50c	73	335
	Ref., seeds and skin	A. P.	34	53.7	.5	.1	.3	11.4	.7				48	220
Manioca starch or tapioca		E. P.		12.6	.6	.2	.2	86.4	.1		85.4		350	1,585
Maple (see Sirups and Sugars).														
Margarine		E. P.		15.5	.6	81.	2.5	.4					733	3,325
Marmalade (see Jams and preserves).														
Marmalade plum (see Sapote).														
Mayonnaise		E. P.		16.	1.5	78.	1.5	3.0				.5a	720	3,265
Meat and poultry:														
Cooked:														
Lean:														
Dry, or "overdone"		E. P.		59.	34.	6.	1.4	0.					190	860
Medium-done		E. P.		63.	30.	6.	1.2	0.					174	790

Rare		E. P.		66.	27.	6.	1.1	0.					162	730
Medium fat:															
Dry, or "overdone"		E. P.		51.	30.	18.	1.2	0.					282	1,280
Medium-done		E. P.		54.	27.	18.	1.1	0.					270	1,220
Rare		E. P.		58.	23.	18.	.9	0.					254	1,150
Fat:															
Medium-done		E. P.		47.	22.	30.	.9	0.					358	1,620
Very fat:															
Medium-done		E. P.		37.	17.	45.	.7	0.					473	,150
Milk:															
Cow:															
Fresh:															
Whole		E. P.		87.0	3.5	3.9	.7	4.9					69	310
Skim		E. P.		90.5	3.5	.2	.8	5.0					36	160
Canned:															
Evaporated (unsweetened)		E. P.		73.7	7.0	7.9	1.5	9.9					139	630
Condensed (sweetened)	Added sugar about 42 percent	E. P.		27.0	8.1	8.4	1.7	54.8					327	1,485
Dry:															
Skim		E. P.		3.5	35.6	1.0	7.9	52.0					359	1,630
Whole		E. P.		3.5	25.8	26.7	6.0	38.0					496	2,250
Malted, plain	Dry powder	E. P.		2.6	14.6	8.5	3.6	70.7	.3				418	1,895
Goat:															
Fresh		E. P.		87.0	3.3	4.2	.7	4.8					70	320
Human:															
Fresh		E. P.		87.5	1.4	3.7	.2	7.2					68	305
Reindeer:															
Fresh		E. P.		63.7	10.3	19.7	1.5	4.8					238	1,080
Sheep:															
Fresh		E. P.		82.6	5.5	6.5	.9	4.5					98	445
Molasses, cane:															
Light		E. P.		24.			3.0	(65.)		65.			260	1,180
Medium		E. P.		24.			4.5	(60.)		60.			240	1,090
Dark		E. P.		24.			5.0	(55.)		55.			220	1,000
Molasses cookies		E. P.		5.5	6.4	8.9	2.5	76.7	.4				412	1,870
Mulberries, black, white, and red:															
Fresh		E. P.		82.8	1.2	.6	.84	14.6	2.0	9.4		.95m	69	310
Mullet, common:															
Raw	E. P., flesh (with and without roe)	E. P.		75.1	19.3	4.4	1.2	0.					117	530
	A. P., whole	A. P.	47	39.8	10.2	2.3	.6	0.					62	280
Mung beans (see Beans).															

TABLE 2.—*Proximate composition of American food materials*—Continued

Food	Nature of sample and refuse	Basis	As purchased	Constituents of the edible portion										
			Refuse	Water	Protein	Fat	Ash	Carbohydrates				Acid	Fuel value	
								Total	Fiber	Sugars	Starch		Per 100 grams	Per pound
Mushrooms:			*Per-cent*	*Per-cent*	*Per-cent*	*Per-cent*	*Per-cent*	*Per-cent*	*Per-cent*	*Per-cent*	*Per-cent*	*Per-cent*	*Calo-ries*	*Calo-ries*
Fresh:														
All		E. P.		91.1	(0.)	0.3	1.14	(0.)	0.9					
		A. P.	9											
Truffles		E. P.		72.5	(0.)	.6	1.7	(0.)						
Dried		E. P.		12.	(0.)	3.0	11.3	(0.)						
Canned		E. P.		93.0	(0.)	.2	1.0	(0.)						
Muskellunge:														
Raw	E. P., flesh	E. P.		76.3	20.2	2.5	1.6	0.					103	470
	A. P., whole	A. P.	51	37.4	9.9	1.2	.8	0.					51	230
Muskmelons:														
Fresh:														
All	E. P., flesh	E. P.		92.7	.6	.2	.6	5.9	.5	5.4			28	125
Honeydew, casaba, Spanish		E. P.		90.6	.6	.2	.6	8.0	.5	7.0			36	165
	Ref., rind and cavity contents	A. P.	37	57.1	.4	.1	.4	5.0	.3				23	105
Others including cantaloup		E. P.		94.0	.6	.2	.6	4.6	.6	4.2			23	105
	Ref., rind and cavity contents	A. P.	53	44.2	.3	.1	.3	2.1	.3				11	50
Muskmelon juice:														
Fresh	Honeydew and California cantaloup	E. P.		87.2				(9.3)		9.1		0.18c		
Mussels:														
Fresh (Atlantic and Pacific):														
Solids only		E. P.		77.2	14.4	2.3	1.6	4.5					96	435
	Ref., shells, "beards," and liquor	A. P.	71	22.4	4.2	.7	.5	1.2					28	125
Solids and liquor (57 percent solids; 43 percent liquor)		E. P.		83.8	9.6	1.4	2.1	3.1					63	290
	Ref., shells and "beards"	A. P.	49	42.7	4.9	.7	1.1	1.6					32	145
Canned (Pacific):														
Drained solids		E. P.		74.6	18.2	3.3	2.4	1.5					108	490
Mustard greens:														
Fresh		E. P.		92.2	2.3	.3	1.21	4.0	.8	.4			28	125
	Ref., stalks and lower leaves	A. P.	27	67.3	1.7	.2	.9	2.9	.6				20	90

Mutton:														
Wholesale cuts (see Lamb).														
Cooked (see Meat and poultry, cooked).														
Natal plum (see Carissa).														
Nectarines:														
Fresh	E. P., flesh	E. P.		82.9	.5	.1	.5	16.0	.4	11.8		1.15m	67	305
	Ref., pits only	A. P.	8	76.3	.5	.1	.5	14.7	.4				62	280
	Ref., pits and skins	A. P.	13	72.1	.4	.1	.4	14.0	.3				58	265
Nettle:														
Fresh	E. P., leafy shoots	E. P.		82.4	5.5	.7	2.3	9.1	2.0				65	295
Noodles:														
Dry	Containing egg	E. P.		9.1	14.3	5.0	1.0	70.6	.3				385	1,745
Noodles, plain (see Macaroni).														
Oatmeal or rolled oats:														
Dry, uncooked		E. P.		8.3	14.2	7.4	1.9	68.2	1.2				396	1,795
Cooked		E. P.		84.8	2.3	1.2	.7	11.0	.2				64	290
Oca:														
Fresh	E. P., tubers	E. P.		80.9	1.4	.2	1.0	16.5		3.5	11.2	.26c	73	335
Oils, salad		E. P.				100.							900	4,080
Okra:														
Fresh		E. P.		89.8	1.8	.2	.84	7.4	1.0				39	175
	Ref., stem ends	A. P.	12	79.0	1.6	.2	.7	6.5	.9				34	155
Oleomargarine		E. P.		15.5	.6	81.	2.5	.4					733	3,325
Olives:														
Green, pickled	E. P., flesh	E. P.		75.2	1.5	13.5	5.8	4.0	1.2				144	650
	Ref., pits	A. P.	21	59.4	1.2	10.7	4.6	3.2	.9				113	515
Ripe, pickled	E. P., flesh	E. P.		73.4	1.6	19.0	3.0	3.0	1.9				189	860
	Ref., pits	A. P.	16	61.7	1.3	16.0	2.5	2.5	1.6				159	720
Ripe, pickled, Greek process	E. P., flesh	E. P.		43.4	2.1	32.3	7.3	14.9	3.8				359	1,625
	Ref., pits	A. P.	27	31.7	1.5	23.6	5.3	10.9	2.8				262	1,190
Onions:														
Fresh:														
All		E. P.		87.5	1.4	.2	.58	10.3	.8	6.7	.5		49	220
	Ref. (mature kinds), skins and rootlets	A. P.	6	82.2	1.3	.2	.5	9.8	.8				46	210
Top onions		E. P.		81.5	2.1	.2	.7	15.5	.7				72	325
Young, green	E. P., tender part	E. P.		87.6	1.0	.2	.6	10.6	1.8	3.7	.5		48	220
	Ref., tops, skins, and roots	A. P.	59	35.9	.4	.1	.3	4.3	.7				20	90
Onions, Welsh:														
Fresh	E. P., tender part	E. P.		89.2	2.2	.6	.8	7.2	.9				43	195
	Ref., tops and roots	A. P.	34	58.9	1.5	.4	.6	4.6	.6				28	125
Opossum	E. P., total edible	E. P.		46.	13.	40.	.7	0.					412	1,870
	A. P., live	A. P.	50	23.	6.5	20.	.4	0.					206	930

TABLE 2.—*Proximate composition of American food materials*—Continued

Food	Nature of sample and refuse	Basis	As purchased	Constituents of the edible portion									Fuel value	
			Refuse	Water	Protein	Fat	Ash	Carbohydrates				Acid	Per 100 grams	Per pound
								Total	Fiber	Sugars	Starch			
			Per-cent	*Per-cent*	*Per-cent*	*Per-cent*	*Per-cent*	*Per-cent*	*Per-cent*	*Per-cent*	*Per-cent*	*Per-cent*	*Calo-ries*	*Calo-ries*
Orach, garden:														
Fresh	E. P., leaves and stems	E. P.		88.0	4.5	0.4	2.4	4.7	1.0	0.1	0.2		40	185
Orach, Peruvian, or quinoa:														
Fresh	E. P., leafy shoots	E. P.		92.7	2.4	.2	1.	3.7					26	120
Oranges:														
Fresh		E. P.		87.2	.9	.2	.47	11.2	.6	8.8		0.68c	50	230
	Ref., rind and seeds	A. P.	28	62.8	.6	.1	.3	8.2	.4				36	165
Canned	E. P., contents of can	E. P.		83.	.8	.2	.5	15.5	.5				67	305
Orange juice:														
Fresh:														
All		E. P.						(10.1)		9.0		1.16c		
California-grown fruit		E. P.		85.7	.6	.0	.58	13.1		9.1		1.23c	55	250
Florida-grown fruit		E. P.						(9.4)		8.4		.99c		
Canned		E. P.		86.	.6	.1	.4	12.9		9.		1.c	55	250
Orange, mandarin type (loose-skinned oranges, including King and Satsuma, and tangerines):														
Fresh		E. P.		87.3	.8	.3	.66	10.9	1.0	8.7		.93c	50	225
	Ref., rind and seeds	A. P.	29	62.0	.6	.2	.5	7.7	.7				35	160
Orange, mandarin type, juice:														
Fresh		E. P.		89.2	.9	.3	.4	9.2		7.8		.83c	43	195
Oranges, Seville or sour:														
Fresh		E. P.		87.0	.8	.2	.6	11.4		6.0		2.61c	51	230
	Ref., rind and seeds	A. P.	41	51.3	.5	.1	.4	6.7					30	135
Orange peel:														
Candied		E. P.		17.4	.4	.3	1.3	80.6	2.3			.2c	327	1,480
Oysters:														
Fresh:														
Solids only		E. P.		80.3	9.8	2.0	2.0	5.9					81	365
	Ref., shells and liquor	A. P.	90	8.0	1.0	.2	.2	.6					8	35

Solids and liquor (55 percent solids; 45 percent liquor)		E. P.		87.1	6.0	1.2	2.0	3.7					50	225
	Ref., shells	A. P.	82	15.7	1.1	.2	.4	.6					9	40
Canned:														
Drained solids		E. P.		80.3	9.8	2.0	2.0	5.9					81	365
Solids and liquid	E. P., contents of can	E. P.		87.1	6.0	1.2	2.0	3.7					50	225
Palmetto or Palmetto cabbage:														
Fresh	E. P., buds	E. P.		87.2	3.3	.6	1.7	7.2	.9	1.0	1.0		47	215
Pancake flour (see Flour, pancake; also Buckwheat flour).														
Pancreas:														
Fresh:														
Beef:														
Thin		E. P.		67.	14.9	17.	1.3	0.					213	960
Medium		E. P.		60.	13.5	25.	1.2	0.					279	1,270
Fat		E. P.		57.	12.8	29.	1.1	0.					312	1,420
Very fat		E. P.		53.	11.8	34.	1.1	0.					353	1,600
Calf		E. P.		69.7	19.2	8.8	1.4	0.					156	710
Hog ("Hog sweetbread")		E. P.		60.0	14.5	23.8	1.1	0.					272	1,230
Papaws, native:														
Fresh		E. P.		76.6	5.2	.9	.5	16.8					96	435
	Ref., rind and seeds	A. P.	25	57.4	3.9	.7	.4	12.6					72	325
Papayas:														
Fresh		E. P.		88.7	.6	.1	.62	10.0	.9	9.0		.14c	43	195
	Ref., rind and seeds	A. P.	32	60.3	.4	.1	.4	6.8	.6				30	135
Parsley:														
Fresh:														
Common	E. P., leaves	E. P.		83.9	3.7	1.0	2.4	9.0	1.8				60	270
Hamburg	E. P., roots	E. P.		87.6	2.1	.2	.9	9.2	1.1	2.8			47	215
Parsnips:														
Fresh	do	E. P.		78.6	1.5	.5	1.15	18.2	2.2	9.5	2.4		83	380
	Ref., scrapings	A. P.	22	61.3	1.2	.4	.9	14.2	1.7				65	295
Passion fruit (see Granadilla).														
Paté de foie gras or liver paste		E. P.		37.0	11.4	43.8	3.0	4.8					459	2,080
Peaches:														
Fresh:														
All		E. P.		86.9	.5	.1	.47	12.0	.6	8.8		.64m	51	230
	Ref., pits and skins	A. P.	12	76.5	.4	.1	.4	10.6	.5				45	205
	Ref., pits only	A. P.	8	79.9	.5	.1	.4	11.1	.6				47	210
Georgia grown		E. P.		85.8				(10.0)		9.4		.65m		
North Carolina grown		E. P.		86.4				(9.8)		9.2		.62m		

TABLE 2.—*Proximate composition of American food materials*—Continued

Food	Nature of sample and refuse	Basis	As purchased	Constituents of the edible portion										
			Refuse	Water	Protein	Fat	Ash	Carbohydrates				Acid	Fuel value	
								Total	Fiber	Sugars	Starch		Per 100 grams	Per pound
			Per cent	*Per cent*	*Per cent*	*Per cent*	*Per cent*	*Per cent*	*Per cent*	*Per cent*	*Per cent*	*Per cent*	*Calories*	*Calories*
Peaches—Continued.														
Fresh—Continued.														
Maryland grown		E. P.		87.1				(9.2)		8.6		0.62m		
New Jersey grown		E. P.		88.8				(8.2)		7.6		.58m		
Canned:														
Water pack	E. P., contents of can	E. P.		92.3	0.5	0.1	0.3	6.8	0.3	4.6		.2m	30	135
Juice pack	do	E. P.		89.6	.4	.2	.4	9.4	.2	7.3			41	185
In sirup	do	E. P.		80.9	.4	.1	.4	18.2	.4				75	340
Sieved, unsweetened		E. P.		87.	.5	.1	.4	12.	.5				51	230
Dried		E. P.		24.	3.0	.6	3.0	69.4	3.5	51.0		3.0m	295	1,340
Peach juice:														
Fresh		E. P.		86.5	.2	.0	.5	12.8		11.8		.56m	52	235
Peanuts:														
Raw:														
Spanish type	E. P., kernels with skins	E. P.		5.1	27.6	48.5	2.3	16.5	2.5	3.5	1.9		613	2,780
	Ref., shells	A. P.	25	3.8	20.7	36.4	1.7	12.4	1.9				460	2,085
Virginia type	E. P., kernels with skins	E. P.		4.0	26.2	42.8	2.7	24.3	2.6				587	2,665
	Ref., shells	A. P.	29	2.8	18.6	30.4	1.9	17.3	1.8				417	1,890
Roasted in shell:														
Virginia type	E. P., kernels without skins	E. P.		2.6	26.9	44.2	2.7	23.6	2.4				600	2,720
	Ref., shells and red skins	A. P.	28	1.9	19.4	31.8	1.9	17.0	1.7				432	1,960
Peanut butter		E. P.		1.7	26.1	47.8	3.4	21.0	2.0		4.7		619	2,805
Peanut cookies		E. P.		2.6	14.0	27.5	2.4	53.5	.8				518	2,345
Peanut flour		E. P.		2.6	51.2	5.0	4.7	36.5	4.4				396	1,795
Pears:														
Fresh:														
All		E. P.		82.7	.7	.4	.39	15.8	1.4	8.9		.29c	70	315
	Ref., skins and cores	A. P.	17	68.6	.6	.3	.3	13.2	1.2				58	265

Bartlett		E. P.		83.5	.4	.4	.3	15.4		8.3		.32c	67	305
Beurre Bosc		E. P.		81.0				(10.3)		10.1		.22c		
Candied		E. P.		21.0	1.3	.6	1.2	75.9					314	1,425
Canned:														
Water pack	E. P., contents of can	E. P.		91.2	.3	.1	.2	8.2	.7	4.1			35	160
Juice pack	do	E. P.		87.3	.2	.1	.3	12.1	.6	8.0			50	225
In sirup	do	E. P.		81.1	.2	.1	.2	18.4	.8				75	340
Dried		E. P.		24.	2.3	.4	1.7	71.6	6.1	36.0		1.5m	299	1,355
Peas:														
Fresh:														
Shelled:														
All	E. P., immature seeds	E. P.		74.3	6.7	.4	.92	17.7	2.2	3.2	8.2		101	460
	Ref., shells	A. P.	55	33.4	3.0	.2	.4	8.0	1.0				46	210
Young		E. P.		81.4	5.4	.3	.77	12.1	1.8	3.3	3.9		73	330
Medium		E. P.		75.8	6.5	.4	.93	16.4	2.2	3.8	5.2		95	430
	Ref., shells	A. P.	50	37.9	3.2	.2	.5	8.2	1.1				47	215
Old		E. P.		65.0	8.2	.4	1.05	25.4	2.5	2.3	12.3		138	625
Edible podded	E. P., entire green pods	E. P.		83.9	3.5	.3	1.0	11.3	1.4				62	280
Canned	E. P., contents of can	E. P.		85.4	3.3	.2	1.0	10.1	1.3	4.5			55	250
Canned, sieved		E. P.		85.7	4.0	.4	.6	9.3	.7	3.2	3.9		57	260
Dry:														
Whole	Mature seeds, entire	E. P.		11.6	23.8	1.4	3.0	60.2	5.4		45.1		349	1,580
Split	Mature seeds without seed coat	E. P.		10.0	24.5	1.0	2.8	61.7	1.2				354	1,605
Peas, black-eyed (see Cowpeas).														
Pecans	E. P., kernels	E. P.		3.0	9.4	73.0	1.6	13.0	2.2	3.9	.0		747	3,385
	Ref., shells	A. P.	48	1.6	4.9	38.0	.8	6.8	1.1				388	1,760
Peppers or redpeppers, sweet and pungent varieties:														
Fresh:														
All, immature and ripe	E. P., empty pods	E. P.		91.5	1.4	.4	.53	6.2	1.6	2.1	4.2		34	155
	Ref., stem ends, seeds, and cores	A. P.	18	75.0	1.1	.3	.4	5.2	1.3				28	125
Green, or immature	E. P., empty pods	E. P.		92.4	1.2	.2	.5	5.7	1.4	1.7	4.2		29	135
	Ref., stem ends, seeds, and cores	A. P.	16	77.6	1.0	.2	.4	4.8	1.2				25	115
Red, or ripe	E. P., empty pods	E. P.		89.2	1.3	.7	.7	8.1	1.6	3.0			44	200
	Ref., stem ends, seeds, and cores	A. P.	20	71.4	1.0	.6	.5	6.5	1.3				35	160

TABLE 2.—*Proximate composition of American food materials*—Continued

Food	Nature of sample and refuse	Basis	As purchased	Constituents of the edible portion										
			Refuse	Water	Protein	Fat	Ash	Carbohydrates				Acid	Fuel value	
								Total	Fiber	Sugars	Starch		Per 100 grams	Per pound
			Per cent	*Per cent*	*Per cent*	*Per cent*	*Per cent*	*Per cent*	*Per cent*	*Per cent*	*Per cent*	*Per cent*	*Calories*	*Calories*
Perch, white:														
Raw	E. P., flesh	E. P.		75.7	19.3	4.0	1.2	0.					113	515
	A. P., whole	A. P.	64	27.3	6.9	1.4	.4	0.					41	185
Perch, yellow:														
Raw	E. P., flesh	E. P.		79.3	18.7	.8	1.2	0.					82	370
	A. P., whole	A. P.	63	29.3	6.9	.3	.4	0.					30	135
	A. P., dressed	A. P.	39	48.4	11.4	.5	.7	0.					50	225
Persimmons:														
Fresh:														
Japanese, or kaki	E. P., pulp only	E. P.		78.2	.8	.4	.6	20.0	1.9	15.9		0.12m	87	395
	A. P., "seedless" kind	A. P.	3	75.9	.8	.4	.6	19.4	1.8				84	380
	A. P., kinds with seeds	A. P.	24	59.4	.6	.3	.5	15.2	1.4				66	300
Native	E. P., pulp	E. P.		64.4	.8	.4	.9	33.5	1.5	18.9		.19m	141	640
	Ref., seeds	A. P.	16	54.1	.7	.3	.8	28.1	1.3				118	535
Pheasant:														
Fresh:														
Total edible	E. P., flesh, skin, and giblets	E. P.		69.2	24.3	5.2	1.2	0.					144	650
	A. P., dressed	A. P.	34	45.7	16.0	3.4	.8	0.					95	430
	A. P., drawn	A. P.	13	60.2	21.1	4.5	1.0	0.					125	570
Pickerel, common eastern:														
Raw	E. P., flesh	E. P.		79.7	18.7	.5	1.2	0.					79	360
	A. P., whole	A. P.	49	40.6	9.5	.3	.6	0.					40	185
Pickles:														
Cucumber:														
Sweet		E. P.		77.1	.4	.1	1.7	20.7					85	385
Sour and dill	Dill pickles contain 0.25 percent lactic acid.	E. P.		95.2	.5	.2	2.2	1.9	.4				11	50
Mixed:														
Sweet		E. P.		72.	1.	.2	1.8	25.					106	480
Sour		E. P.		93.8	1.1	.4	.7	4.0					24	110
Pig's feet:														
Pickled	E. P., skin, muscle, tendon, and fat	E. P.		66.9	16.7	14.8	1.7	(0.)					200	910
	Ref., bone and gristle	A. P.	44	37.5	9.4	8.3	1.0	(0.)					112	510

Pigweeds (see Amaranth, Lambsquarters, and Quinoa).														
Pike, common:														
Raw	E. P., flesh	E. P.		79.8	18.7	.6	1.0	0.					80	365
	A. P., entrails removed	A. P.	44	44.7	10.5	.3	.6	0.					45	205
Pike, sauger:														
Raw	E. P., flesh	E. P.		80.8	17.9	.8	1.1	0.					79	355
	A. P., whole	A. P.	65	28.3	6.3	.3	.4	0.					28	125
Pike, wall-eyed:														
Raw	E. P., flesh	E. P.		79.7	18.6	.5	1.4	0.					79	360
	A. P., whole	A. P.	59	32.7	7.6	.2	.6	0.					32	145
Pimientos:														
Canned	E. P., contents of can	E. P.		91.8	1.0	.5	.5	6.2	.6	4.2	0.3		33	150
Pineapple:														
Fresh	E. P., flesh	E. P.		85.3	.4	.2	.42	13.7	.4	11.9		.72c	58	265
	Ref., crown, core, and parings	A. P.	47	45.2	.2	.1	.22	7.3	.2				31	140
Candied		E. P.		18.	.8	.4	.8	80.	.8	76.5			327	1,480
Canned:														
Water pack	E. P., contents of can	E. P.		86.4	.3	.1	.3	12.9	.3	10.1		.6c	54	245
Juice pack	do	E. P.		84.6	.4	.1	.4	14.5	.4	12.5		.9c	60	275
In sirup, sliced or crushed	do	E. P.		78.0	.4	.1	.4	21.1	.3	18.6		.8c	87	395
Pineapple juice:														
Fresh		E. P.		86.2				(12.8)		11.8		1.02c		
Canned		E. P.		86.2	.3	.1	.4	13.0		12.		1.c	54	245
Pine nuts:														
Pignolias	E. P., kernels	E. P.		4.9	31.2	48.4	4.3	11.2	1.0	4.3	.0		605	2,745
Piñon	do	E. P.		3.1	12.5	60.6	2.8	21.0					679	3,080
	Ref., shells	A. P.	42	1.8	7.2	35.1	1.6	12.2					394	1,790
Pistachio nut	E. P., kernels	E. P.		5.6	19.6	53.2	3.0	18.6	2.2	6.1	.0		632	2,865
Pitanga (see Surinam-cherry).														
Plantains or baking bananas:														
Fresh	E. P. flesh	E. P.		64.7	1.3	.4	.8	32.8	.4	25.3		.55m	140	635
	Ref., skins	A. P.	23	49.8	1.0	.3	.6	25.3	.3				108	490
Plums:														
Fresh (excluding prunes):														
All		E. P.		85.7	.7	.2	.51	12.9	.5	8.3		1.60m	56	255
	Ref., pits only	A. P.	5	81.4	.7	.2	.5	12.3	.5				53	240
	Ref., pits and skins	A. P.	15	72.8	.6	.2	.4	11.0	.4				48	220
European type, excluding damsons.		E. P.		86.1	.7	.1	.47	12.6		8.5		1.46m	54	245
	Ref., pits only	A. P.	5	81.8	.7	.1	.4	12.0					51	235
	Ref., pits and skins	A. P.	15	73.2	.6	.1	.4	10.7					46	210
Damsons		E. P.		78.8			.67	(13.5)	.4	8.7		2.02m		

TABLE 2.—*Proximate composition of American food materials*—Continued

Food	Nature of sample and refuse	Basis	As purchased	Constituents of the edible portion										
								Carbohydrates					Fuel value	
			Refuse	Water	Protein	Fat	Ash	Total	Fiber	Sugars	Starch	Acid	Per 100 grams	Per pound
			Per cent	*Per cent*	*Per cent*	*Per cent*	*Per cent*	*Per cent*	*Per cent*	*Per cent*	*Per cent*	*Per cent*	*Calories*	*Calories*
Plums—Continued.														
Fresh (excluding prunes)—Con.														
Japanese type		E. P.		83.9	0.7	0.1	0.4	14.9		8.0		1.69m	63	285
Native American hybrids:														
Compass		E. P.		87.6	.5	.3	.42	11.2	0.4				50	225
Canned:														
Water pack:														
Other than prunes	E. P., contents of can except pits	E. P.		92.0	.4	.1	.3	7.2	.3	4.5		.9m	31	140
	Ref., pits	A. P.	3	89.2	.4	.1	.3	7.0	.3				30	140
Prunes	E. P., contents of can except pits	E. P.		88.9	.4	.1	.3	10.3	.2	6.4			44	200
	Ref., pits	A. P.	4	85.3	.4	.1	.3	9.9	.2				42	190
Juice pack:														
Prunes	E. P., contents of can except pits	E. P.		80.	.4	.1	.5	19.	.2				78	355
	Ref., pits	A. P.	4	77.	.4	.1	.5	18.	.2				75	340
In sirup:														
Plums including prunes	E. P., contents of can except pits	E. P.		78.6	.4	.1	.5	20.4	.3				84	380
	Ref., pits	A. P.	4	75.5	.4	.1	.5	19.6	.3				81	365
Sieved prunes		E. P.		69.7	1.1	.3	.8	28.1	.7	19.1		.6m	120	540
Poha (see Groundcherry).														
Pokeberry or poke:														
Fresh	E. P., shoots	E. P.		91.6	2.6	.4	1.7	3.7			0.2		29	130
Pollock:														
Raw	E. P., flesh	E. P.		76.0	21.6	.8	1.5	0.					94	425
	A. P., dressed	A. P.	30	53.2	15.1	.6	1.0	0.					66	295
Pomegranate:														
Fresh	E. P., pulp only	E. P.		81.0	.6	.2	.5	17.7	.3	13.3		1.05c	75	340
	Ref., skin and seeds	A. P.	44	45.4	.3	.1	.3	9.9	.2				42	190
	E. P., pulp and seeds	E. P.		75.8	1.5	1.2	.6	20.9	3.6	11.9		1.11c	100	455
	Ref., skin	A. P.	36	48.5	1.0	.8	.4	13.3	2.3				64	290
Pompano, common:														
Raw	E. P., flesh	E. P.		70.9	18.8	9.5	1.1	0.					161	730
	A. P., whole	A. P.	44	39.7	10.5	5.3	.6	0.					90	410
Popcorn (see Corn, popcorn).														

Porgy, Atlantic, or jolthead:															
Raw	E. P., flesh	E. P.		76.2	21.4	.9	1.5	0.					94	425
	A. P., whole	A. P.	50	38.1	10.7	.4	.8	0.					47	210
Pork, fresh:															
Raw:															
Carcass or side:															
Packers':															
Thin	E. P., 65 percent lean	E. P.		50.	14.1	35.	.8	0.					371	1,680
	A. P., 53 percent lean	A. P.	18	41.	11.6	29.	.6	0.					305	1,380
Medium	E. P., 55 percent lean	E. P.		42.	11.9	45.	.6	0.					453	2,050
	A. P., 48 percent lean	A. P.	12	37.	10.5	40.	.6	0.					398	1,810
Fat	E. P., 45 percent lean	E. P.		35.	9.8	55.	.5	0.					534	2,420
	A. P., 41 percent lean	A. P.	10	31.	8.8	50.	.5	0.					481	2,180
Shippers':															
Thin	E. P., 65 percent lean	E. P.		50.	14.1	35.	.8	0.					371	1,680
	A. P., 49 percent lean	A. P.	24	38.	10.7	27.	.6	0.					282	1,280
Medium	E. P., 55 percent lean	E. P.		42.	11.9	45.	.6	0.					453	2,050
	A. P., 45 percent lean	A. P.	19	34.	9.6	36.	.5	0.					367	1,660
Fat	E. P., 45 percent lean	E. P.		35.	9.8	55.	.5	0.					534	2,420
	A. P., 39 percent lean	A. P.	14	30.	8.4	47.	.4	0.					459	2,080
Wholesale cuts:															
Belly:															
Thin		E. P.		43.	11.4	45.	.6	0.					451	2,040
		A. P.	9	39.	10.4	41.	.5	0.					410	1,860
Medium		E. P.		34.	9.1	56.	.5	0.					540	2,450
		A. P.	7	32.	8.5	52.	.4	0.					503	2,280
Fat		E. P.		25.	6.6	68.	.4	0.					638	2,900
		A. P.	6	24.	6.2	64.	.3	0.					600	2,720
Boston:															
Thin		E. P.		63.	17.6	18.	1.0	0.					232	1,050
		A. P.	8	58.	16.2	17.	.9	0.					214	970
Medium		E. P.		60.	16.6	23.	.9	0.					273	1,240
		A. P.	5	57.	15.8	22.	.8	0.					260	1,180
Fat		E. P.		55.	15.3	29.	.8	0.					322	1,460
		A. P.	4	53.	14.7	28.	.8	0.					309	1,400
Clear plate:															
Thin		A. P.	12												
Medium		E. P.		16.	3.9	80.	.2	0.					736	3,340
		A. P.	9	14.	3.5	73.	.2	0.					669	3,040
Fat		A. P.	8												

TABLE 2.—*Proximate composition of American food materials*—Continued

Food	Nature of sample and refuse	Basis	As purchased	Constituents of the edible portion									Fuel value	
			Refuse	Water	Protein	Fat	Ash	Carbohydrates				Acid	Per 100 grams	Per pound
								Total	Fiber	Sugars	Starch			
			Per-cent	*Per-cent*	*Per-cent*	*Per-cent*	*Per-cent*	*Per-cent*	*Per-cent*	*Per-cent*	*Per-cent*	*Per-cent*	*Calo-ries*	*Calo-ries*
Pork, fresh—Continued.														
Raw—Continued.														
Wholesale cuts—Continued.														
Feet:														
Medium		E. P.		57.	20.2	22.	0.8	0.					279	1,260
		A. P.	65	20.	7.1	8.	.3	0.					98	440
Ham:														
Thin		E. P.		60.	17.2	22.	.9	0.					267	1,210
		A. P.	18	49.	14.1	18.	.7	0.					219	990
Medium		E. P.		53.	15.2	31.	.8	0.					340	1,540
		A. P.	14	46.	13.1	27.	.7	0.					292	1,330
Fat		E. P.		46.	13.2	40.	.7	0.					413	1,870
		A. P.	11	41.	11.7	36.	.6	0.					367	1,670
Head, including jowl:														
Thin		E. P.		47.	13.2	39.	.7	0.					404	1,830
		A. P.	53	22.	6.2	18.	.3	0.					190	860
Medium		E. P.		37.	10.4	52.	.6	0.					510	2,310
		A. P.	43	21.	5.9	30.	.3	0.					290	1,320
Fat		E. P.		28.	7.8	64.	.4	0.					607	2,750
		A. P.	36	18.	5.0	41.	.3	0.					389	1,760
Jowl:														
Thin		E. P.		39.	11.1	49.	.6	0.					485	2,200
		A. P.	10	35.	10.0	44.	.5	0.					437	1,980
Medium		E. P.		32.	8.9	59.	.5	0.					567	2,570
		A. P.	8	29.	8.2	54.	.4	0.					521	2,360
Fat		E. P.		24.	6.7	69.	.4	0.					648	2,940
		A. P.	7	22.	6.2	64.	.3	0.					602	2,730
Leaf fat:														
Thin		E. P.		6.	2.3	92.	.1	0.					837	3,800
Medium		E. P.		5.	2.0	93.	.1	0.					845	3,830
Fat		E. P.		4.	1.8	94.	.1	0.					853	3,870

Loin:															
Thin		E. P.		63.	17.9	18.	1.0	0.					234	1,060	
		A. P.	24	48.	13.6	14.	.7	0.					178	810	
Medium		E. P.		58.	16.4	25.	.9	0.					291	1,320	
		A. P.	19	47.	13.3	20.	.7	0.					235	1,070	
Fat		E. P.		52.	14.8	32.	.8	0.					347	1,570	
		A. P.	16	44.	12.4	27.	.7	0.					292	1,320	
Neck bones:															
Thin		E. P.		60.	16.7	22.	.9	0.					265	1,200	
		A. P.	71	18.	4.8	6.	.3	0.					77	350	
Medium		E. P.		57.	15.8	26.	.9	0.					297	1,350	
		A. P.	63	21.	5.8	10.	.3	0.					110	500	
Fat		E. P.		54.	15.0	30.	.8	0.					330	1,500	
		A. P.	55	24.	6.8	14.	.4	0.					148	670	
Picnic:															
Thin		E. P.		59.	16.7	23.	.9	0.					274	1,240	
		A. P.	21	47.	13.2	18.	.7	0.					216	980	
Medium		E. P.		52.	14.8	32.	.8	0.					347	1,570	
		A. P.	18	43.	12.1	26.	.6	0.					285	1,290	
Fat		E. P.		46.	13.0	40.	.7	0.					412	1,870	
		A. P.	16	39.	10.9	34.	.6	0.					346	1,570	
Shoulder, New York style:															
Thin		E. P.		55.	15.3	29.	.8	0.					322	1,460	
		A. P.	16	46.	12.9	24.	.7	0.					271	1,230	
Medium		E. P.		49.	13.5	37.	.7	0.					387	1,760	
		A. P.	12	43.	11.9	33.	.6	0.					341	1,540	
Fat		E. P.		42.	11.6	46.	.6	0.					460	2,090	
		A. P.	10	38.	10.4	41.	.6	0.					414	1,880	
Shoulder butt:															
Thin		E. P.		52.	14.4	33.	.8	0.					355	1,610	
		A. P.	10	47.	13.0	30.	.7	0.					319	1,450	
Medium		E. P.		45.	12.5	42.	.7	0.					428	1,940	
		A. P.	7	42.	11.6	39	.6	0.					398	1,810	
Fat		E. P.		37.	10.3	52.	.6	0.					509	2,310	
		A. P.	5	35.	9.8	49.	.5	0.					484	2,190	
Spareribs:															
Thin		E. P.		57.	15.8	26.	.9	0.					297	1,350	
		A. P.	48	30.	8.2	14.	.5	0.					155	700	
Medium		E. P.		53.	14.6	32.	.8	0.					346	1,570	
		A. P.	40	32.	8.8	19.	.5	0.					208	940	
Fat		E. P.		47.	13.1	39.	.7	0.					403	1,830	
		A. P.	34	31.	8.6	26.	.5	0.					266	1,210	

TABLE 2.—*Proximate composition of American food materials*—Continued

Food	Nature of sample and refuse	Basis	As purchased	Constituents of the edible portion										
								Carbohydrates					Fuel value	
			Refuse	Water	Protein	Fat	Ash	Total	Fiber	Sugars	Starch	Acid	Per 100 grams	Per pound
			Percent	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Calories*	*Calories*
Pork, fresh—Continued.														
Raw—Continued.														
Wholesale cuts—Continued.														
Tail:														
Medium		E. P.		26.	7.7	66.	0.4	0.					625	2,830
		A. P.	17	21.	6.4	55.	.3	0.					519	2,350
Tenderloin, muscle:														
Thin		E. P.		74.	20.3	5.	1.1	0.					126	570
Medium		E. P.		72.	19.9	7.	1.1	0.					143	650
Fat		E. P.		70.	19.3	10.	1.1	0.					167	760
Cooked (see Meat and poultry, cooked).														
Pork, cured:														
Raw:														
Ham, smoked:														
Very lean (also Canadian bacon).		E. P.		56.	22.1	15.	6.2	(.3)		0.3			225	1,020
Lean		E. P.		49.	19.5	25.	5.8	(.3)		.3			304	1,380
		A. P.	14	42.	16.8	22.	5.0	(.3)					262	1,190
Medium		E. P.		42.	16.9	35.	5.4	(.3)		.3			384	1,740
		A. P.	13	37.	14.7	30.	4.7	(.3)					334	1,510
Fat		E. P.		36.	14.6	44.	5.1	(.3)		.3			456	2,070
		A. P.	11	32.	13.0	39.	4.5	(.3)					405	1,840
Shoulder, smoked:														
Lean		E. P.		42.	16.9	35.	5.4	(.3)		.3			384	1,740
		A. P.	14	36.	14.5	30.	4.6	(.3)					330	1,500
Medium		E. P.		36.	14.6	44.	5.1	(.3)		.3			456	2,070
		A. P.	12	32.	12.8	39.	4.5	(.3)					401	1,820
Fat		E. P.		30.	12.2	53.	4.7	(.3)		.3			527	2,390
		A. P.	10	27.	11.0	48.	4.2	(.3)					474	2,150

Salt pork:														
Medium		E. P.		14.	6.2	76.	3.8	0.					709	3,220
		A. P.	7	13.	5.8	71.	3.5	0.					659	2,990
Fat, with little or no lean		E. P.		8.	3.9	85.	3.5	0.					781	3,540
		A. P.	4	7.	3.7	82.	3.4	0.					749	3,400
Cooked (see Meat and poultry, cooked).														
Deviled ham:														
Canned		E. P.		31.	19.	43.	7.	0.					463	2,100
Pork organs (see Liver, etc.).														
Potatoes:														
Fresh	E. P., tubers, whole or peeled	E. P.		77.8	2.0	.1	.99	19.1	0.4	.9	14.7		85	385
	Ref., parings	A. P.	16	65.4	1.7	.1	.8	16.0	.3				72	325
Potato chips		E. P.		3.1	6.7	37.1	4.0	49.1			37.1		557	2,525
Potato flour		E. P.		7.	8.5	.5	4.0	80.0	1.7				358	1,625
Preserves (see Jams and preserves).														
Pretzels		E. P.		8.0	8.8	3.2	5.5	74.5	.3				362	1,640
Pricklypear:														
Fresh	E. P., pulp	E. P.		88.6	.5	.1	.42	10.4		8.8		0.25m	44	200
	Ref., seeds and rind	A. P.	56	39.0	.2	.0	.18	4.6					20	90
Prunes:														
Fresh	E. P., flesh and skin	E. P.		76.5	.9	.2	.6	21.8	.5	13.3		.98m	93	420
	Ref., pits only	A. P.	6	71.9	.8	.2	.6	20.5	.5				87	395
Canned (see Plums, canned).														
Dried	E. P., flesh and skin	E. P.		24.	2.3	.6	2.1	71.0	1.6	41.5		1.7m	299	1,355
	Ref., pits (medium sized prunes)	A. P.	15	20.	2.0	.5	1.8	60.4	1.4				254	1,150
	Ref., pits (large prunes)	A. P.	12	21.	2.0	.5	1.8	62.5	1.4				263	1,190
	Ref., pits (small prunes)	A. P.	18	20.	1.9	.5	1.7	58.2	1.3				245	1,110
Prune juice:														
Canned		E. P.		80.	.4	0.	.3	19.3		13.		.2c	79	355
Pumpernickel		E. P.		40.5	6.7	1.2	1.9	49.7	1.3				236	1,070
Pumpkin:														
Fresh:														
Mature	E. P., flesh only	E. P.		90.5	1.2	.2	.82	7.3	1.3	2.5	2.6		36	160
	Ref., rind and contents of cavity	A. P.	31	62.4	.8	.1	.6	5.1	.9				24	110
Immature (see Squash, fresh, summer).														
Canned		E. P.		90.2	1.0	.3	.6	7.9	1.2	3.9	.3		38	175
Purslane:														
Fresh	E. P., leaves and stems	E. P.		93.2	1.6	.4	1.48	3.3	.8				23	105
Quail:														
Fresh:														
Total edible	E. P., flesh, skin, and giblets	E. P.		65.9	25.0	6.8	1.6	0.					161	730
	A. P., live	A. P.	33	44.2	16.8	4.6	1.1						108	490
Quinces:														
Fresh	E. P., flesh	E. P.		85.3	.3	.1	.38	13.9	1.8	6.3		.87m	58	260
Quince juice:														
Fresh		E. P.			.3		.36	(10.3)		9.1		1.2m		

TABLE 2.—*Proximate composition of American food materials*—Continued

Food	Nature of sample and refuse	Basis	As purchased	Constituents of the edible portion									Fuel value	
			Refuse	Water	Protein	Fat	Ash	Carbohydrates				Acid	Per 100 grams	Per pound
								Total	Fiber	Sugars	Starch			
			Percent	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Calories*	*Calories*
Quinoa:														
Fresh	E. P., leafy shoots	E. P.		92.7	2.4	0.2	1.	3.7					26	120
Rabbit, domesticated:														
Fresh	Drawn weight (including giblets) is 73 percent of live weight; dressed weight (including giblets) 56 percent; giblets, 5 percent; head and skin, 17 percent.													
Total edible (rabbit purchased with giblets).	E. P., flesh, fat, and giblets	E. P.		67.9	20.8	10.2	1.1	0.					175	795
	A. P., live	A. P.	54	31.2	9.6	4.7	.5	0.					80	365
	A. P., drawn	A. P.	37	42.8	13.1	6.4	.7	0.					110	500
	A. P., dressed (i. e., drawn, skinned, head and feet off).	A. P.	18	55.7	17.1	8.4	.9	0.					144	650
Flesh only (rabbit purchased without giblets).		E. P.		67.9	20.8	10.2	1.1	0.					175	795
	A. P., drawn	A. P.	40	40.7	12.5	6.1	.7	0.					105	475
	A. P., dressed (i. e., drawn, skinned, head and feet off).	A. P.	20	54.3	16.6	8.2	.9	0.					140	635
Cooked (see Meat and poultry, cooked).														
Rabbit, wild:														
Fresh	Drawn weight (including giblets) is 73 percent of live weight; dressed weight (including giblets), 56 percent; giblets, 5 percent; head and skin, 17 percent.													
Total edible (rabbit purchased with giblets)	E. P., flesh, fat, and giblets	E. P.		73.	21.	5.	1.	0.					129	585
	A. P., live	A. P.	54	34.	10.	2.	.5	0.					59	270
	A. P., drawn	A. P.	37	46.	13.	3.	.6	0.					81	370
	A. P., dressed (i. e., drawn, skinned, head and feet off).	A. P.	18	60.	17.	4.	.8	0.					106	480
Flesh only (rabbit purchased without giblets)		E. P.		73.	21.	5.	1.	0.					129	585
	A. P., drawn	A. P.	40	44.	13.	3.	.6	0.					77	350
	A. P., dressed (i. e. drawn, skinned, head and feet off).	A. P.	20	58.	17.	4.	.8	0.					103	470
Cooked (see Meat and poultry, cooked).														

Radishes:														
Fresh		E. P.		93.6	1.2	.1	.95	4.2	.7	3.4			22	100
	Ref., tops and rootlets	A. P.	51	45.9	.6	.0	.5	2.0	.3				11	50
Raisins	Seeded and seedless, including dried "currants"	E. P.		24.	2.3	.5	2.0	71.2		63.0		1.8m	298	1,355
Raspberries:														
Fresh:														
Black		E. P.		80.7	1.5	1.6	.65	15.6	3.5	7.9		1.16c	83	375
Red		E. P.		83.4	1.1	.6	.47	14.4	2.8	7.2		1.34c	67	305
Canned:														
Red or black:														
Water pack	E. P., contents of can	E. P.		87.7	.9	.9	.5	10.0	2.5	4.8			52	235
Juice pack	do	E. P.		85.2	.8	.6	.4	13.0	2.4	7.3			61	275
In sirup	do	E. P.		70.6	.6	.5	.5	27.8	1.9				118	535
Raspberry juice:														
Fresh:														
Black		E. P.		88.4	.2	.0	.7	10.7		7.6		1.04c	44	200
Red		E. P.		90.8	.4	.0	.46	8.3		7.3		1.40c	35	160
Ray or skate:														
Raw		E. P.		77.8	21.5	.7	1.2	0.					92	420
Red grouper:														
Raw	E. P., flesh	E. P.		79.6	19.4	.4	1.2	0.					81	370
	A. P., whole	A. P.	58	33.4	8.1	.2	.5	0.					34	155
	A. P., entrails removed	A. P.	56	35.0	8.5	.2	.5	0.					36	160
Red snapper:														
Raw	E. P., flesh	E. P.		78.4	19.8	.9	1.3	0.					87	395
	A. P., whole or dressed	A. P.	48	40.8	10.3	.5	.7	0.					45	205
Reindeer:														
Fresh:														
Lean meat only		E. P.		73.	20.	6.	1.	0.					134	610
Side		E. P.		63.3	20.5	14.4	1.0	0.					212	960
		A. P.	20	50.6	16.4	11.5	.8	0.					169	770
Forequarter		E. P.		67.4	21.8	9.4	1.1	0.					172	780
		A. P.	26	49.9	16.1	7.0	.8	0.					127	580
Hindquarter		E. P.		59.6	19.4	19.2	.9	0.					250	1,140
		A. P.	14	51.3	16.7	16.5	.8	0.					215	980
Rhubarb:														
Fresh	E. P., stems only	E. P.		94.9	.5	.1	.72	3.8	.7	.4			18	80
	Ref., leaves	A. P.	32	64.5	.3	.1	.5	2.6	.5				12	55
Canned:														
Water pack	E. P., contents of can	E. P.		95.6	.4	.4	.6	3.0	.8		1.9		17	80

TABLE 2.—*Proximate composition of American food materials*—Continued

Food	Nature of sample and refuse	Basis	As purchased	Constituents of the edible portion									Fuel value	
			Refuse	Water	Protein	Fat	Ash	Carbohydrates				Acid	Per 100 grams	Per pound
								Total	Fiber	Sugars	Starch			
			Percent	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Calories*	*Calories*
Rice:														
Brown:														
Uncooked		E. P.		12.0	7.5	1.7	1.1	77.7	0.6				356	1,615
White:														
Uncooked		E. P.		12.3	7.6	.3	.4	79.4	.2				351	1,590
Boiled		E. P.		74.4	2.2	.1	.1	23.2	.1				102	465
Rice, puffed		E. P.		9.3	6.7	.3	.4	83.3	.3				363	1,645
Rice flakes		E. P.		8.3	7.7	.5	1.5	82.0	.7				363	1,650
Rice flour		E. P.		12.1	7.4	.5	.5	79.5	.4				352	1,595
Rice polishings		E. P.		9.3	11.6	10.1	5.0	64.0	2.2				393	1,785
Rice bran		E. P.		10.7	12.5	14.4	9.9	52.5	10.7				390	1,765
Rice, wild (see Wild rice).														
Rock cod, Pacific:														
Raw	E. P., flesh	E. P.		79.7	18.3	1.0	1.2	0.					82	375
Roe, fish:														
Fresh:														
Cod		E. P.		70.6	24.3	1.8	2.0	(0.)					113	515
Other than cod, including carp, shad, herring, salmon.		E. P.		66.8	26.2	3.1	1.6	(0.)					133	600
Rose apple:														
Fresh	E. P., pulp	E. P.		86.4	.5	.3	.3	12.5	.8	10.6		0.4c	55	250
	Ref., seeds and skin	A. P.	33	57.9	.3	.2	.2	8.4	.5				37	165
Rusks (toasted)		E. P.		6.8	13.1	7.4	1.5	71.2	1.0				404	1,830
Rutabagas:														
Fresh	E. P., roots	E. P.		89.1	1.1	.1	.83	8.9	1.3	6.7			41	185
	Ref., parings	A. P.	15	75.7	.9	.1	.7	7.6	1.1				35	160
Rutabaga tops (see Turnip tops).														
Rye bread (see Breads).														

Rye flour:														
Dark		E. P.		11.	14.9	2.1	2.0	70.0	2.1				358	1,625
Medium		E. P.		11.	11.0	1.2	1.0	75.8	1.5				358	1,625
Light		E. P.		11.	8.9	.9	.7	78.5	1.1				358	1,625
Rye meal or whole grain		E. P.		10.	11.2	1.7	1.9	75.2	2.0				361	1,635
Rye wafers or "Swedish health bread."		E. P.		6.8	12.9	1.6	3.3	75.4	1.8				368	1,665
Sablefish or black cod:														
Raw	E. P., flesh	E. P.		75.8	15.0	7.5	1.3	0.					128	530
Sago meal		E. P.		14.6	.9	.2	.4	83.9	.2				341	1,545
Salad dressings:														
Mayonnaise		E. P.		16.	1.5	78.	1.5	3.0				.5a	720	3,265
Mineral oil (mayonnaise type)	Containing 75 percent mineral oil	E. P.		16.	1.5	(2.7)	1.5	(3.0)					42	190
Other than mayonnaise:														
Commercial:														
Plain		E. P.		44.7	1.1	36.8	3.46	13.9					391	1,775
French and Thousand Island.		E. P.		38.3	.8	39.0	4.6	17.3	.4				423	1,920
Home-cooked	Boiled	E. P.		68.	4.5	10.	2.5	15.				.5a	168	760
Salad-rocket:														
Fresh	E. P., leaves and stems	E. P.		92.2	1.1	.2	.9	5.6	.5		0.3		29	130
	Ref., tough stems	A. P.	8	84.8	1.0	.2	.8	5.2	.5				27	120
Salmon, Atlantic:														
Raw	E. P., flesh	E. P.		63.6	22.5	13.4	1.4	0.					211	955
	A. P., whole	A. P.	35	41.3	14.6	8.7	.9	0.					137	620
	A. P., entrails removed	A. P.	24	48.3	17.1	10.2	1.1	0.					160	725
Salmon, Pacific:														
Raw:														
Chinook or king	A. P., anterior section:													
	E. P., flesh	E. P.		63.4	17.4	16.5	1.0	0.					218	990
	Ref., bones and skin	A. P.	11	56.4	15.5	14.7	.9	0.					194	880
Canned:														
All kinds		E. P.		67.4	20.6	9.6	2.4	0.					169	765
	Ref., bones	A. P.	2	66.1	20.2	9.4	2.4	0.					165	750
Chinook or king		E. P.		64.7	19.7	13.2	2.4	0.					198	895
Chum		E. P.		70.8	21.5	5.2	2.6	0.					133	600
	Ref., bones	A. P.	2	69.4	21.1	5.1	2.5	0.					130	590
Coho or silver		E. P.		67.6	21.1	8.4	1.7	0.					160	725
	Ref., bones	A. P.	2	66.2	20.7	8.2	1.7	0.					157	710
Pink or humpback		E. P.		70.0	20.5	6.2	2.6	0.					138	625
	Ref., bones	A. P.	2	68.6	20.1	6.1	2.5	0.					135	610

TABLE 2.—*Proximate composition of American food materials*—Continued

Food	Nature of sample and refuse	Basis	As purchased	Constituents of the edible portion										
								Carbohydrates					Fuel value	
			Refuse	Water	Protein	Fat	Ash	Total	Fiber	Sugars	Starch	Acid	Per 100 grams	Per pound
			Per-cent	*Per-cent*	*Per-cent*	*Per-cent*	*Per-cent*	*Per-cent*	*Per-cent*	*Per-cent*	*Per-cent*	*Per-cent*	*Calo-ries*	*Calo-ries*
Salmon, Pacific—Continued.														
Canned—Continued.														
Sockeye or red		E. P.		67.2	20.2	9.6	3.0	0.					167	760
"Steelhead salmon" (see Steelhead trout).														
Smoked		E. P.		58.9	21.6	9.3	9.4	0.					170	770
Salsify (see Vegetable-oyster).														
Sand dab, California:														
Raw	E. P., flesh	E. P.		82.1	16.8	.2	.9	0.					69	315
Sapodilla or Sapota:														
Fresh	E. P., pulp	E. P.		76.7	.5	1.0	.5	21.3	3.5	12.2		0.2c	96	435
	Ref., skin and seeds	A. P.	20	61.4	.4	.8	.4	17.0	2.8				77	350
Sapote or marmalade plum:														
Fresh	E. P., pulp	E. P.		66.0	1.4	.7	1.1	30.8	1.9	19.8		.2c	135	615
	Ref., skin and seed	A. P.	24	50.2	1.1	.5	.8	23.4	1.4				103	465
Sardines, California:														
Raw	E. P., flesh	E. P.		70.8	19.3	8.6		0.					155	700
Sardines:														
Canned:														
In oil	E. P., drained solids	E. P.		57.4	25.7	11.0	4.7	1.2					207	935
	Ref., oil	A. P.	18	47.1	21.1	9.0	3.9	1.0					169	770
	E. P., contents of can	E. P.		49.7	20.5	25.4	3.9	.5					313	1,420
In mustard or souse sauce	do	E. P.		62.5	20.0	11.8	3.5	2.2					195	885
In tomato sauce	do	E. P.		65.3	20.7	8.7	3.9	1.4					167	755
Sauerkraut:														
Bulk		E. P.		91.2	1.3	.2	2.4	4.9	1.4	.3		1.6L	27	120
Canned	E P., contents of can	E P.		93.2	1.1	.2	2.1	3.4	7	.3		1.3L	20	90
Sausage:														
Beef and pork	Link	E. P.		44.8	11.3	41.2	2.5	0.					416	1,890
Blood sausage and blood pudding.		E. P.		47.1	14.8	34.6	2.3	0.					371	1,680
Bockwurst		E. P.		63.5	11.7	21.8	2.4	0.					243	1,100

Bologna:														
All meat		E. P.		64.0	14.4	17.8	3.0	0.					218	990
With added cereal		E. P.		62.4	14.8	15.9	3.3	3.6			1.8		217	980
Braunschweiger		E. P.		56.2	15.4	23.8	2.7	0.					276	1,250
Capacola or Capicola		E. P.		26.2	20.2	45.8	7.9	0.					493	2,240
		A. P.	9	23.8	18.4	41.7	7.2	0.					449	2,030
Cervelat.														
Dried		E. P.		34.6	23.3	35.0	6.7	0.					408	1,850
		A. P.	3	33.6	22.6	34.0	6.5	0.					396	1,800
Semidried (see Sausage, summer sausage, semidried).														
Country-style		E. P.		51.7	16.2	27.4	3.9	0.					311	1,410
Frankfurt:														
All meat		E. P.		61.1	14.1	20.8	2.8	0.					244	1,100
With added cereal		E. P.		64.3	15.2	14.1	3.1	3.3			1.2		201	910
Headcheese		E. P.		62.0	15.0	20.3	2.3	0.					243	1,100
Liver sausage and liver pudding.		E. P.		59.0	16.7	20.6	2.2	1.5					258	1,170
Luncheon roll		E. P.		56.4	15.9	23.8	3.4	0.					278	1,260
Mortadella (see Sausage, summer sausage, semidried).														
Polish-style sausage		E. P.		56.0	16.4	23.1	3.6	0.					274	1,240
Pork sausage, pure	Link or bulk	E. P.		41.9	10.8	44.8	2.1	0.					446	2,020
Salami		E. P.		31.1	23.9	36.8	7.0	0.					427	1,940
		A. P.	8	28.6	22.0	33.9	6.4	0.					393	1,780
Souse		E. P.		72.9	13.2	12.3	1.9	0.					164	740
Summer sausage:														
Dried		E. P.		29.7	24.5	37.3	7.1	0.					434	1,970
		A. P.	7	27.6	22.8	34.7	6.6	0.					403	1,830
Semidried		E. P.		51.6	18.9	23.8	4.7	0.					290	1,310
All types		E. P.		33.6	23.5	34.9	6.8	0.					408	1,850
		A. P.	7	31.2	21.9	32.5	6.3	0.					380	1,720
Vienna (see Sausage, Frankfurt).														
Wienerwurst (see Sausage, Frankfurt).														
Scallops:														
Fresh	E. P., edible muscle	E. P.		80.3	14.8	.1	1.4	3.4					74	335
Scup or porgy:														
Raw	E. P., flesh	E. P.		75.4	18.6	4.5	1.4	0.					115	520
	A. P., whole	A. P.	62	28.7	7.1	1.7	.5	0.					44	200

TABLE 2.—*Proximate composition of American food materials*—Continued

Food	Nature of sample and refuse	Basis	As purchased	Constituents of the edible portion									Fuel value	
			Refuse	Water	Protein	Fat	Ash	Carbohydrates				Acid	Per 100 grams	Per pound
								Total	Fiber	Sugars	Starch			
			Percent	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Calories*	*Calories*
Seakale:														
Fresh	E. P., shoots	E. P.		93.4	1.5	0.2	0.6	4.3	0.8				25	115
	Ref., root and waste leaves	A. P.	23	71.9	1.2	.2	.5	3.2	.6				19	85
Seaweed (see Algae)														
Sesame seed:														
Whole seed	Thin-shelled type	E. P.		5.8	19.3	51.1	5.7	18.1	3.2				610	2,765
Decorticated	Thick- and thin-shelled types	E. P.		5.6	17.9	53.2	6.2	17.1	2.7				619	2,805
Shad or American shad:														
Raw	E. P., flesh	E. P.		70.2	18.7	9.8	1.4	0.					163	740
	A. P., whole	A. P.	52	33.7	9.0	4.7	.7	0.					78	355
Shad roe:														
Fresh		E. P.		71.2	20.9	3.8	1.5	(0.)					118	535
Shallot:														
Fresh	E. P., bulbs	E. P.		80.9	1.2	.2	.4	17.3					76	345
Sheepshead, Atlantic:														
Raw	E. P., flesh	E. P.		75.9	20.6	2.8	1.3	0.					108	490
	A. P., whole	A. P.	64	27.3	7.4	1.0	.5	0.					39	175
	A. P., entrails removed	A. P.	58	31.9	8.7	1.2	.5	0.					45	205
Sherbet		E. P.		69.4	2.	3.	.6	25.					135	610
Shortbread		E. P.		4.2	5.8	23.0	1.4	65.6	.1				493	2,235
Shrimp:														
Canned	Dry pack or drained solids of wet pack	E. P.		78.3	17.8	.8	2.3	.8					82	370
Cooked (see Canned).														
Shrimp or lobster paste		E. P.		61.3	20.8	9.4	7.0	1.5					174	790
Sirups:														
Cane	Concentrated cane juice	E. P.		27.			1.5	(67.)		67.			268	1,215
Corn:														
Table mixtures	Light and dark mixtures, chiefly corn sirup	E. P.		25.			.6	(74.)					296	1,345
Commerical	For manufacturing purposes	E. P.		19.1			.3	80.6					322	1,460
Maple		E. P.		34.			.7	(64.)		64.			256	1,160
Sorghum		E. P.		23.			2.5	(67.)		67.			268	1,215

Skate or ray:															
Raw		E. P.		77.8	21.5	.7	1.2	0.					92	420
Sloke (see Algae).															
Smelt, Atlantic:															
Raw	E. P., flesh	E. P.		79.2	17.6	1.8	1.7	0.					87	395
	A. P., whole	A. P.	45	43.6	9.7	1.0	.9	0.					48	215
Smelt, jack:															
Raw	E. P., flesh	E. P.		76.7	20.6	1.4	1.2	0.					95	430
Smelt, Pacific bay:															
Raw	do	E. P.		77.4	19.8	.7	1.2	0.					86	390
Sole, California:															
Raw	do	E. P.		80.4	17.4	.7	1.7	0.					76	345
Sorghum sirup		E. P.		23.			2.5	(67.)		67.			268	1,215
Sorrel (see Dock).															
Soups (ready to serve):															
Bean		E. P.		84.1	4.3	2.7	1.4	7.5	.4				72	325
Bouillon, broth, and consommé		E. P.		95.	(1.)	0.	1.5	(0.)	.0				4	20
Clam chowder		E. P.		87.9	2.1	1.9	1.6	6.5	.1				52	235
Creamed, vegetable		E. P.		85.8	2.3	3.8	1.6	6.5	.1				69	315
Noodle, rice, or barley		E. P.		93.0	1.7	1.2	1.3	2.8	.0				29	130
Vegetable, with beef or chicken stock.		E. P.		91.1	2.1	1.0	1.2	4.6	.1				36	160
Vegetable, strained	Includes some cereal	E. P.		88.4	2.0	.1	.9	8.6	.5				43	195
Soybeans:															
Fresh:															
Shelled	E. P., immature seeds	E. P.		67.	12.5	6.5	1.5	(6.)	1.5	3.0	1.5		132	600
	Ref., shells	A. P.	47	36.	6.6	3.4	.8	(3.)	.8				70	320
Dry:															
Seeds of edible varieties	E. P., whole, mature seeds	E. P.		7.5	34.9	18.1	4.7	(12.)	5.0	8.4	2.1		350	1,590
Soybean sprouts	E. P., fresh sprouted seeds	E. P.		82.3	8.5	1.8	1.07	6.3	.9				75	340
Soybean curd or cheese		E. P.		84.1	7.5	4.2	.8	3.4	.1				81	370
Soybean flour:															
High fat content		E. P.		6.9	37.3	20.2	4.7	(12.)	2.5	9.3			379	1,720
From press cake		E. P.		7.5	43.4	7.8	5.8	(12.)	2.6	11.4			292	1,325
Soybean meal:															
Ground whole beans		E. P.		8.9	35.7	18.0	4.6	(12.)	5.4	8.9			353	1,600
From press cake		E. P.		6.2	41.8	5.7	5.8	(15.)	5.3	11.0	.5		278	1,265
Soybean milk		E. P.		92.6	3.4	1.5	.5	2.0	.0	.7			35	160
Soy sauce	Domestic or oriental	E. P.		65.	(2.)	1.	20.	(9.)		8.		1. L	53	240

TABLE 2.—*Proximate composition of American food materials*—Continued

Food	Nature of sample and refuse	Basis	As purchased	Constituents of the edible portion									Fuel value	
			Refuse	Water	Protein	Fat	Ash	Carbohydrates				Acid	Per 100 grams	Per pound
								Total	Fiber	Sugars	Starch			
Spaghetti (see Macaroni).			*Per-cent*	*Per-cent*	*Per-cent*	*Per-cent*	*Per-cent*	*Per-cent*	*Per-cent*	*Per-cent*	*Per-cent*	*Per-cent*	*Calo-ries*	*Calo-ries*
Spanish mackerel:														
Raw	E. P., flesh	E. P.		66.1	19.8	13.3	1.3	0.					199	900
	A. P., whole	A. P.	39	40.3	12.1	8.1	.8	0.					121	550
Spinach:														
Fresh	E. P., leaves	E. P.		92.7	2.3	.3	1.53	3.2	0.6	0.3			25	110
	Ref., main stalk and outer leaves	A. P.	18	76.0	1.9	.2	1.3	2.6	.5				20	90
Canned	E. P., contents of can	E. P.		91.8	2.3	.5	1.9	3.5	.7	.8	1.7		28	125
Canned, sieved		E. P.		93.7	2.0	.3	1.4	2.6	.6	.5	.4		21	95
Spinach, New Zealand:														
Fresh	E. P., leaves and stems	E. P.		91.4	2.2	.2	2.11	4.1	.8	.6	.3		27	120
Spleen:														
Fresh:														
Beef and veal		E. P.		76.9	18.1	3.0	1.4	0.					99	450
Hog		E. P.		77.4	17.1	3.8	1.4	0.					103	470
Sheep		E. P.		74.4	18.8	3.9	1.6	0.					110	500
Squab (pigeons):														
Fresh:														
Total edible	E. P., flesh, skin, and giblets	E. P.		58.0	18.6	22.1	1.5	0.					273	1,240
	A. P., dressed	A. P.	40	34.8	11.2	13.3	.9	0.					164	740
Flesh	E. P., breast muscle without skin	E. P.		74.0	20.4	4.2	1.2	0.					119	540
Squash:														
Fresh:														
Cushaw (including Canada crookneck).	E. P., flesh	E. P.		90.4	1.2	.3	.76	7.3	1.2	4.5	.6		37	165
	Ref., rind and contents of cavity	A. P.	21	71.4	.9	.2	.6	5.9	.9				29	130
Summer	E. P., tender part	E. P.		95.0	.6	.1	.44	3.9	.5	1.0	.2		19	85
	Ref., stem end	A. P.	3	92.2	.6	.1	.4	3.7	.5				18	80
	Ref., stem end, skin, and seed part	A. P.	35	61.8	.4	.1	.3	2.5	.3				12	55
Winter	E. P., flesh only	E. P.		88.6	1.5	.3	.83	8.8	1.4	3.9	1.0		44	200
	Ref., rind and contents of cavity	A. P.	26	65.6	1.1	.2	.6	6.5	1.0				32	145
Canned		E. P.		90.2	1.0	.3	.6	7.9	1.2	3.9	.3		38	175

Squeateague, gray, or weakfish:														
Raw	E. P., flesh	E. P.		79.4	17.8	1.7	1.2	0.					86	390
	A. P., whole	A. P.	52	38.1	8.5	.8	.6	0.					42	190
Starch (including corn, arrowroot, etc.), pure		E. P.		12.	.5	.2	.3	87.	.1				352	1,595
Steelhead trout:														
Canned		E. P.		63.2	20.6	13.4	2.4	0.					203	920
	Ref., bones	A. P.	2	61.9	20.2	13.1	2.4	0.					199	900
Stomach:														
Beef (see Tripe, beef).														
Hog:														
Cooked		E. P.		74.0	16.5	9.0	.6	0.					147	670
Strawberries:														
Fresh		E. P.		90.0	.8	.6	.50	8.1	1.2	5.3		1.09c	41	185
	Ref., stems and caps	A. P.	4	86.4	.8	.6	.5	7.7	1.2				39	175
Canned:														
Water pack	E. P., contents of can	E. P.		92.8	.6	.4	.4	5.8	.9	3.6			29	130
Juice pack	do	E. P.		90.	.8	.8	.4	8.	.8	7.			42	190
In sirup	do	E. P.		70.8	.5	.2	.5	28.0	.7				116	525
Strawberry juice:														
Fresh		E. P.		94.2	.2	.0	.45	5.1		3.63		1.01c	21	95
Sturgeon:														
Raw	A. P., anterior section:													
	E. P., flesh	E. P.		78.7	18.1	1.9	1.4	0.					90	405
	Ref., bones and skin	A. P.	15	66.9	15.4	1.6	1.2	0.					76	345
Smoked		E. P.		63.7	31.2	1.8	1.9	0.					141	640
Sucker, white-nosed:														
Raw	E. P., flesh	E. P.		78.6	18.0	2.3	1.2	0.					93	420
	A. P., entrails removed	A. P.	54	36.2	8.3	1.1	.6	0.					43	195
Suet (see Beef, fresh, wholesale cuts, kidney fat).														
Sugar-apple or sweetsop:														
Fresh	E. P., pulp	E. P.		73.5	1.8	.5	.9	23.3	1.6	16.4		.4c	105	475
	Ref., skin and seeds	A. P.	59	30.1	.7	.2	.4	9.6	.7				43	195
Sugars:														
Granulated	Cane or beet	E. P.		.5				99.5		99.5			398	1,805
Powdered		E. P.		.5				99.5		99.5			398	1,805
Brown	Light or dark	E. P.		3.			1.2	(95.5)		95.5			382	1,735
Corn sugar, unrefined		E. P.		7.5			.3	(90.)		90.			360	1,635
Dextrose (including refined corn sugar):														
Anhydrous		E. P.		.5				99.5		99.5			398	1,805
Crystallized		E. P.		10.				90.		90.			360	1,635
Maple		E. P.		7.5			.9	(90.)		90.			360	1,635

TABLE 2.—*Proximate composition of American food materials*—Continued

Food	Nature of sample and refuse	Basis	As purchased	Constituents of the edible portion										
			Refuse	Water	Protein	Fat	Ash	Carbohydrates				Acid	Fuel value	
								Total	Fiber	Sugars	Starch		Per 100 grams	Per pound
			Percent	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Calories*	*Calories*
Surinam-cherry or pitanga:														
Fresh		E. P.		85.8	0.8	0.4	0.5	12.5	0.6	7.0		2.0c	57	260
	Ref., stem, blossom end, and seeds	A. P.	19	69.5	.6	.3	.4	10.1	.5				46	210
"Swedish health bread" or rye wafers		E. P.		6.8	12.9	1.6	3.3	75.4	1.8				368	1,665
Sweetbreads:														
Fresh:														
Beef:														
Thin	From common-grade beef	E. P.		65.	14.4	19.	1.48	0.					229	1,040
Medium	From medium-grade beef	E. P.		54.	11.8	33.	1.11	0.					344	1,560
Fat	From good-grade beef	E. P.		48.	10.3	41.	.94	0.					410	1,860
Very fat	From choice- and prime-grade beef	E. P.		40.	8.5	51.	.75	0.					493	2,240
Calf		E. P.		75.4	19.6	3.1	1.9	0.					106	480
Lamb		E. P.		79.5	14.1	3.8	1.27	0.					91	410
Sweetpotatoes:														
Fresh	E. P., root	E. P.		68.5	1.8	.7	1.07	27.9	1.0	5.4	20.2		125	565
	Ref., parings	A. P.	14	58.9	1.5	.6	.9	24.1	.9				108	490
Canned		E. P.		66.7	1.5	.2	.9	30.7	.6				131	590
Sweetpotato tops, common and oriental types:														
Fresh		E. P.		89.6	2.3	.3	1.55	6.3	1.2				37	170
	Ref., waste stems and leaves	A. P.	24	68.1	1.7	.2	1.2	4.8	.9				28	125
Sweetsop (see Sugar-apple).														
Swordfish:														
Raw	E. P., flesh	E. P.		74.9	18.8	4.4	1.5	0.					115	520
Tailor (see Bluefish).														
Tangerines (see Oranges, mandarin type).														
Tapioca:														
Dry		E. P.		12.6	.6	.2	.2	86.4	.1		85.4		350	1,585

Taros:														
Fresh:														
Dasheens	E. P., peeled corms and tubers	E. P.		66.6	2.9	.2	1.42	28.9	.7	1.7	21.8		129	585
	Ref., skins	A. P.	16	55.9	2.4	.2	1.2	24.3	.6				109	495
Others	E. P., peeled corms and tubers	E. P.		75.1	2.0	.2	1.17	21.5	.8	1.4	18.2		96	435
	Ref., skins	A. P.	18	61.6	1.6	.2	1.0	17.6	.7				79	360
Taro leaves and stems (including dasheens)		E. P.		87.8	2.7	.7	1.6	7.2	1.4		.4		46	210
Taro shoots (excluding dasheens)		E. P.		95.4	.9	.1	.8	2.8	.6				16	70
Tautog:														
Raw	E. P., flesh	E. P.		79.3	18.6	1.1	1.1	0.					84	380
	A. P., whole	A. P.	63	29.3	6.9	.4	.4	0.					31	140
	A. P., entrails removed	A. P.	57	34.1	8.0	.5	.5	0.					36	165
Terrapin:														
Fresh	E. P., muscle	E. P.		74.5	21.2	3.5	1.0	(0.)					116	530
		A. P.	79	15.6	4.5	.7	.2	(0.)					24	110
Tilefish:														
Raw	E. P., flesh	E. P.		80.3	17.5	.5	1.4	0.					74	340
	A. P., whole	A. P.	49	41.0	8.9	.3	.7	0.					38	170
Tomatoes:														
Fresh:														
Red		E. P.		94.1	1.0	.3	.57	4.0	.6	3.4		.51c	23	105
	Ref., skin or stem end	A. P.	2	92.2	1.0	.3	.6	3.9	.6				22	100
Green or unripe		E. P.		94.7	1.2	.2	.6	3.3	.4	1.2	.4		20	90
Canned	E. P., contents of can	E. P.		94.2	1.0	.2	.7	3.9	.4			.4c	21	95
Tomato juice:														
Fresh		E. P.		94.	1.0	.2	.5	4.3	.2				23	105
Canned	Salt, 0.5 percent	E. P.		93.5	1.0	.2	1.0	4.3	.2	3.4		.4c	23	105
Tomato catchup	Salt, 2.5 percent	E. P.		69.5	2.0	.4	3.6	24.5	.4			1.5c	110	495
Tomato paste:														
Canned		E. P.		71.7	4.7	1.4	3.34	18.7	.9	15.8		2.4c	106	480
Tomato puree:														
Canned		E. P.		89.2	1.8	.5	1.26	7.2	.4	6.0		.91c	40	185
Tomcod, Atlantic:														
Raw	E. P., flesh	E. P.		81.5	17.2	.4	1.0	0.					72	330
	A. P., whole	A. P.	61	31.8	6.7	.2	.4	0.					28	130
Tongue:														
Fresh:														
Beef:														
Lean		E. P.		70.	17.4	11.	.92	.4					170	770
Medium		E. P.		68.	16.4	15.	.86	.4					202	920
Fat		E. P.		65.	15.7	18.	.82	.4					226	1,030
Very fat		E. P.		62.	14.4	23.	.74	.4					266	1,210

TABLE 2.—*Proximate composition of American food materials*—Continued

Food	Nature of sample and refuse	Basis	As purchased	Constituents of the edible portion									Fuel value	
			Refuse	Water	Protein	Fat	Ash	Carbohydrates				Acid	Per 100 grams	Per pound
								Total	Fiber	Sugars	Starch			
Tongue—Continued.			*Per cent*	*Per cent*	*Per cent*	*Per cent*	*Per cent*	*Per cent*	*Per cent*	*Per cent*	*Per cent*	*Per cent*	*Calories*	*Calories*
Fresh—Continued.														
Calf		E. P.		74.3	18.5	5.3	1.0	0.9					125	570
Lamb		E. P.		69.5	13.9	15.3	.80	.5					195	890
Pork		E. P.		66.1	16.8	15.6	1.02	.5					210	950
Sheep		E. P.		61.0	13.7	21.8	1.1	2.4					261	1,180
Canned or cured:														
Whole, canned or pickled	Beef, lamb, pork, etc	E. P.		56.6	19.3	20.3	3.5	.3					261	1,180
Potted or deviled	do	E. P.		52.8	18.6	23.0	4.9	.7					284	1,290
Tripe:														
Beef:														
Commercial		E. P.		79.1	19.1	2.0	.4	0.					94	430
Pickled		E. P.		86.5	11.8	1.3	.3	0.					59	270
Hog (see Stomach, hog).														
Trout, eastern brook:														
Raw	E. P., flesh	E. P.		77.7	19.2	2.1	1.2	0.					96	435
	A. P., whole	A. P.	51	38.1	9.4	1.0	.6	0.					47	215
Truffles (see Mushrooms).														
Tuna, blue-fin:														
Raw	E. P., flesh	E. P.		69.1	24.8	5.2	1.4	0.					146	660
Tuna, yellow-fin:														
Raw	do	E. P.		71.5	24.7	3.0	1.4	0.					126	570
Tuna:														
Canned	Canned with or without added oil	E. P.		63.1	24.2	10.8	2.0	0.					194	880
Turbot or Greenland halibut:														
Raw	E. P., flesh	E. P.		71.4	14.8	14.4	1.3	0.					189	855
	A. P., whole	A. P.	48	37.1	7.7	7.5	.7	0.					98	445
Turkey:														
Fresh:														
Medium-fat birds:														
Total edible	E. P., flesh, skin, giblets, and fat	E. P.		58.3	20.1	20.2	1.0	0.					262	1,190
	A. P., live	A. P.	39	35.6	12.3	12.3	.6	0.					160	730
	A. P., dressed	A. P.	33	39.1	13.5	13.5	.7	0.					176	800
	A. P., drawn	A. P.	19	47.2	16.3	16.4	.8	0.					212	960

Flesh and skin		E. P.		63.0	22.8	13.0	1.1	0.					208	940
Flesh only		E. P.		68.6	24.0	6.7	1.1	0.					156	710
Light meat only		E. P.		69.2	24.5	4.6	1.2	0.					139	630
Dark meat only		E. P.		68.0	23.2	9.4	1.1	0.					177	800
Fat birds:														
Total edible	E. P., flesh, skin, giblets, and fat	E. P.		50.7	18.4	29.3	.9	0.					337	1,530
Thin, young birds:														
Total edible	do	E. P.		69.9	20.6	7.8	1.1	0.					153	690
Cooked (see Meat and poultry, cooked).														
Turnips:														
Fresh	E. P., roots	E. P.		90.9	1.1	.2	.73	7.1	1.1	4.6			35	155
	Ref., parings	A. P.	13	79.1	1.0	.2	.6	6.1	1.0				30	135
	Ref., tops and parings	A. P.	34	60.0	.7	.1	.5	4.7	.7				23	105
Turnip tops (also rutabaga tops):														
Fresh		E. P.		89.5	2.9	.4	1.76	5.4	1.2				37	165
	Ref., discarded leaves	A. P.	16	75.2	2.4	.3	1.5	4.6	1.0				31	140
Turtle, green:														
Fresh	E. P., muscle	E. P.		79.8	19.8	.5	1.2	(0.)					84	380
		A. P.	76	19.2	4.8	.1	.3	(0.)					20	90
Turtle meat (muscle):														
Canned	E. P., contents of can	E. P.		75.0	23.4	.7	.9	(0.)					100	455
Udo:														
Fresh	E. P., shoots	E. P.		95.0	1.0	.2	.64	3.2	.8	1.1			19	85
Veal:														
Fresh:														
Carcass or sides excluding kidney and kidney fat:														
Thin	E. P., 88 percent lean	E. P.		71.	19.7	8.	1.0	0.					151	680
	A. P., 68 percent lean	A. P.	23	55.	15.2	6.	.8	0.					116	530
Medium	E. P., 84 percent lean	E. P.		68.	19.1	12.	1.0	0.					184	840
	A. P., 66 percent lean	A. P.	21	54.	15.1	9.	.8	0.					146	660
Fat	E. P., 79 percent lean	E. P.		65.	18.5	16.	.9	0.					218	990
	A. P., 64 percent lean	A. P.	19	52.	15.0	13.	.7	0.					177	800
Carcass or sides, including kidney and kidney fat:														
Thin	E. P., 86 percent lean	E. P.		70.	19.4	10.	1.0	0.					168	760
	A. P., 67 percent lean	A. P.	22	54.	15.1	8.	.8	0.					131	590
Medium	E. P., 81 percent lean	E. P.		66.	18.8	14.	1.0	0.					201	910
	A. P., 64 percent lean	A. P.	21	52.	14.9	11.	.8	0.					159	720
Fat	E. P., 76 percent lean	E. P.		62.	18.0	19.	.9	0.					243	1,100
	A. P., 62 percent lean	A. P.	19	50.	14.6	15.	.7	0.					197	890

TABLE 2.—*Proximate composition of American food materials*—Continued

Food	Nature of sample and refuse	Basis	As purchased	Constituents of the edible portion									Fuel value	
			Refuse	Water	Protein	Fat	Ash	Carbohydrates				Acid	Per 100 grams	Per pound
								Total	Fiber	Sugars	Starch			
			Per cent	*Per cent*	*Per cent*	*Per cent*	*Per cent*	*Per cent*	*Per cent*	*Per cent*	*Per cent*	*Per cent*	*Calories*	*Calories*
Veal—Continued.														
Fresh—Continued.														
Wholesale cuts:														
Chuck, including neck:														
Thin	E. P., 90 percent lean	E. P.	-------	73.	19.9	6.	1.1	0.	-------	-------	-------	-------	134	610
	A. P., 70 percent lean	A. P.	22	57.	15.5	5.	.9	0.	-------	-------	-------	-------	104	470
Medium	E. P., 86 percent lean	E. P.	-------	70.	19.4	10.	1.0	0.	-------	-------	-------	-------	168	760
	A. P., 69 percent lean	A. P.	20	56.	15.5	8.	.8	0.	-------	-------	-------	-------	134	610
Fat	E. P., 83 percent lean	E. P.	-------	67.	19.0	13.	1.0	0.	-------	-------	-------	-------	193	880
	A. P., 68 percent lean	A. P.	18	55.	15.6	11.	.8	0.	-------	-------	-------	-------	158	720
Flank:														
Thin	E. P., 73 percent lean	E. P.	-------	63.	18.1	18.	.9	0.	-------	-------	-------	-------	234	1,060
	A. P., 72 percent lean	A. P.	1	62.	17.9	18.	.9	0.	-------	-------	-------	-------	232	1,050
Medium	E. P., 61 percent lean	E. P.	-------	56.	16.5	27.	.8	0.	-------	-------	-------	-------	309	1,400
	A. P., 60 percent lean	A. P.	1	55.	16.3	27.	.8	0.	-------	-------	-------	-------	306	1,390
Fat	E. P., 49 percent lean	E. P.	-------	49.	14.5	36.	.7	0.	-------	-------	-------	-------	382	1,730
	A. P., 49 percent lean	A. P.	1	48.	14.4	36.	.7	0.	-------	-------	-------	-------	378	1,720
Loin, excluding kidney and kidney fat:														
Thin	E. P., 89 percent lean	E. P.	-------	71.	19.7	8.	1.0	0.	-------	-------	-------	-------	151	680
	A. P., 72 percent lean	A. P.	19	58.	16.0	6.	.8	0.	-------	-------	-------	-------	122	550
Medium	E. P., 85 percent lean	E. P.	-------	69.	19.2	11.	1.0	0.	-------	-------	-------	-------	176	800
	A. P., 71 percent lean	A. P.	17	57.	15.9	9.	.8	0.	-------	-------	-------	-------	146	660
Fat	E. P., 80 percent lean	E. P.	-------	65.	18.6	15.	1.0	0.	-------	-------	-------	-------	209	950
	A. P., 67 percent lean	A. P.	16	55.	15.6	13.	.8	0.	-------	-------	-------	-------	176	800
Plate:														
Thin	E. P., 82 percent lean	E. P.	-------	68.	19.1	12.	1.0	0.	-------	-------	-------	-------	184	840
	A. P., 63 percent lean	A. P.	23	52.	14.7	9.	.8	0.	-------	-------	-------	-------	142	640
Medium	E. P., 74 percent lean	E. P.	-------	64.	18.3	17.	.9	0.	-------	-------	-------	-------	226	1,030
	A. P., 58 percent lean	A. P.	21	50.	14.5	13.	.7	0.	-------	-------	-------	-------	179	810

Fat	E. P., 66 percent lean	E. P.		59.	17.3	23.	.9	0.					276	1,250
	A. P., 53 percent lean	A. P.	19	48.	14.0	19.	.7	0.					224	1,010
Rib:														
Thin	E. P., 87 percent lean	E. P.		70.	19.5	9.	1.0	0.					159	720
	A. P., 65 percent lean	A. P.	25	53.	14.6	7.	.8	0.					119	540
Medium	E. P., 82 percent lean	E. P.		66.	18.8	14.	1.0	0.					201	910
	A. P., 63 percent lean	A. P.	23	51.	14.5	11.	.8	0.					155	700
Fat	E. P., 76 percent lean	E. P.		62.	18.0	19.	.9	0.					243	1,100
	A. P., 59 percent lean	A. P.	22	48.	14.0	15.	.7	0.					190	860
Round, with rump:														
Thin	E. P., 91 percent lean	E. P.		73.	19.9	6.	1.1	0.					134	610
	A. P., 68 percent lean	A. P.	25	55.	14.9	4.	.8	0.					100	450
Medium	E. P., 87 percent lean	E. P.		70.	19.5	9.	1.0	0.					159	720
	A. P., 67 percent lean	A. P.	23	54.	15.0	7.	.8	0.					122	560
Fat	E. P., 84 percent lean	E. P.		68.	19.1	12.	1.0	0.					184	840
	A. P., 66 percent lean	A. P.	22	53.	14.9	9.	.8	0.					144	650
Shank, fore:														
Thin	E. P., 91 percent lean	E. P.		74.	20.1	5.	1.1	0.					125	570
	A. P., 46 percent lean	A. P.	49	38.	10.3	3.	.6	0.					64	290
Medium	E. P., 87 percent lean	E. P.		71.	19.7	8.	1.0	0.					151	680
	A. P., 45 percent lean	A. P.	48	37.	10.2	4.	.5	0.					78	360
Fat	E. P., 84 percent lean	E. P.		70.	19.4	10.	1.0	0.					168	760
	A. P., 45 percent lean	A. P.	47	37.	10.3	5.	.5	0.					89	400
Quarter, fore:														
Thin	E. P., 88 percent lean	E. P.		71.	19.7	8.	1.0	0.					151	680
	A. P., 66 percent lean	A. P.	25	53.	14.8	6.	.8	0.					113	510
Medium	E. P., 84 percent lean	E. P.		68.	19.1	12.	1.0	0.					184	840
	A. P., 65 percent lean	A. P.	23	52.	14.7	9.	.8	0.					142	640
Fat	E. P., 79 percent lean	E. P.		65.	18.5	16.	.9	0.					218	990
	A. P., 62 percent lean	A. P.	21	51.	14.6	13.	.7	0.					172	780
Quarter, hind, excluding kidney and kidney fat:														
Thin	E. P., 88 percent lean	E. P.		71.	19.7	8.	1.0	0.					151	680
	A. P., 70 percent lean	A. P.	21	56.	15.6	6.	.8	0.					119	540
Medium	E. P., 84 percent lean	E. P.		68.	19.1	12.	1.0	0.					184	840
	A. P., 68 percent lean	A. P.	19	55.	15.5	10.	.8	0.					149	680
Fat	E. P., 79 percent lean	E. P.		65.	18.5	16.	.9	0.					218	990
	A. P., 66 percent lean	A. P.	17	54.	15.4	13.	.7	0.					181	820

TABLE 2.—*Proximate composition of American food materials*—Continued

Food	Nature of sample and refuse	Basis	As purchased	Constituents of the edible portion										
								Carbohydrates					Fuel value	
			Refuse	Water	Protein	Fat	Ash	Total	Fiber	Sugars	Starch	Acid	Per 100 grams	Per pound
			Per cent	*Per cent*	*Per cent*	*Per cent*	*Per cent*	*Per cent*	*Per cent*	*Per cent*	*Per cent*	*Per cent*	*Calories*	*Calories*
Veal—Continued.														
Fresh—Continued.														
Wholesale cuts—Continued.														
Quarter, hind, including kidney and kidney fat:														
Thin	E. P., 84 percent lean	E. P.	------	68.	19.1	12.	1.0	0.	------	------	------	------	184	840
	A. P., 68 percent lean	A. P.	19	55.	15.5	10.	.8	0.	------	------	------	------	149	680
Medium	E. P., 79 percent lean	E. P.	------	65.	18.5	16.	.9	0.	------	------	------	------	218	990
	A. P., 65 percent lean	A. P.	18	53.	15.2	13.	.7	0.	------	------	------	------	179	810
Fat	E. P., 73 percent lean	E. P.	------	61.	17.6	21.	.9	0.	------	------	------	------	259	1,180
	A. P., 61 percent lean	A. P.	16	51.	14.8	18.	.8	0.	------	------	------	------	218	990
Cooked (see Meat and poultry, cooked).														
Vegetable marrow (see Squash, fresh, summer).														
Vegetable-oyster or salsify:														
Fresh	E. P., roots	E. P.	------	79.1	3.5	1.0	.88	15.5	1.8	------	------	------	85	385
	Ref., parings	A. P.	24	60.1	2.7	.8	.7	11.7	1.4	------	------	------	65	295
Venison:														
Raw	E. P., lean meat	E. P.	------	73.	20.	6.	1.	0.	------	------	------	------	134	610
Vermicelli (see Macaroni).														
Vinegar	------	E. P.	------	------	.0	------	.3	(5.0)	------	0.4	------	4.6a	------	------
Vinespinach (see Basella).														
Walnuts:														
Black	E. P., kernels	E. P.	------	2.7	18.3	58.2	2.1	18.7	1.9	------	------	------	672	3,045
	Ref., shells	A. P.	78	.6	4.0	12.8	.5	4.1	.4	------	------	------	148	670
Persian or English	E. P., kernels	E. P.	------	3.3	15.0	64.4	1.7	15.6	2.1	------	------	------	702	3,185
	Ref., shells	A. P.	55	1.5	6.8	29.0	.8	6.9	.9	------	------	------	316	1,435
Water cress:														
Fresh	E. P., leaves and stems	E. P.	------	93.6	1.7	.3	1.09	3.3	.5	------	------	------	23	105
Watermelons:														
resh	E. P., flesh	E. P.	------	92.1	.5	.2	.27	6.9	.6	6.0	------	.03m	31	140
	Ref., rinds and seeds	A. P.	54	42.4	.2	.1	.1	3.2	.3	------	------	------	14	65

Waternut (a tuber):														
Fresh	E. P., tubers	E. P.		77.1	1.5	.1	1.10	20.2	.8	8.8	7.7		88	400
	Ref., skins	A. P.	22	60.1	1.2	.1	.9	15.7	.6				68	310
Wheat (see Wheat flours, graham).														
Wheat flours:														
Graham:														
All types		E. P.		11.	13.	2.	1.6	72.4	1.8				360	1,630
Hard red wheat		E. P.		11.	13.9	2.1	1.6	71.4	2.3				360	1,635
Soft red wheat		E. P.		11.	11.4	2.0	1.7	73.9	2.3				359	1,630
White wheat		E. P.		11.	10.7	2.0	1.7	74.6	1.9				359	1,630
Straight:														
All types		E. P.		12.	11.2	1.1	.5	75.2	.4				356	1,615
Hard red		E. P.		12.	12.0	1.2	.5	74.3	.4				356	1,615
Soft red		E. P.		12.	10.8	1.0	.5	75.7	.4				355	1,610
White		E. P.		12.	9.3	1.0	.5	77.2	.4				355	1,610
Patent:														
All-purpose		E. P.		12.	10.8	.9	.4	75.9	.3				355	1,610
Bread		E. P.		12.	11.8	1.1	.5	74.6	.3				356	1,615
Cake or pastry		E. P.		12.	8.3	.8	.4	78.5	.2				354	1,610
Self-rising (salt and leavening added):														
All		E. P.		12.	10.2	.9	4.0	72.9	.4				340	1,545
Patent, soft		E. P.		12.	7.9	.8	3.9	75.4	.2				340	1,545
Straight		E. P.		12.	10.2	.9	4.0	72.9	.4				340	1,545
Clear		E. P.		12.	10.9	1.4	4.1	71.6	.4				343	1,555
Prepared, ready to mix	Shortening added	E. P.		9.5	8.3	11.9	4.0	66.3	.3				406	1,840
Pancake (see Flour, pancake).														
Wheat breakfast foods:														
Bran. flakes	Bran with other parts of grain	E. P.		6.2	13.0	1.9	4.0	74.9	3.1				369	1,670
Farina		E. P.		11.	11.5	1.0	.4	76.1	.3				359	1,630
Puffed wheat		E. P.		7.8	13.4	1.7	1.5	75.6	1.8				371	1,685
Shredded wheat		E. P.		7.7	10.4	1.4	1.8	78.7	2.1				369	1,675
Wheat flakes		E. P.		4.7	10.4	1.3	3.7	79.9	1.6				373	1,690
Wheat meals	Ground, cut, or cracked grain	E. P.		8.7	11.7	2.0	1.8	75.8	1.8				368	1,670

TABLE 2.—*Proximate composition of American food materials*—Continued

Food	Nature of sample and refuse	Basis	As purchased	Constituents of the edible portion										
								Carbohydrates					Fuel value	
			Refuse	Water	Protein	Fat	Ash	Total	Fiber	Sugars	Starch	Acid	Per 100 grams	Per pound
			Per cent	*Per cent*	*Per cent*	*Per cent*	*Per cent*	*Per cent*	*Per cent*	*Per cent*	*Per cent*	*Per cent*	*Calories*	*Calories*
Wheat bran:														
Crude		E. P.		10.1	16.6	3.7	6.1	63.5	10.3	7.2	9.0		354	1,605
Packaged	Almost wholly bran	E. P.		7.4	15.9	4.2	6.3	66.2	8.4	5.2	17.4		366	1,660
Washed		E. P.		6.6	16.0	5.2	4.9	67.3	17.1	1.0	3.7		380	1,725
Wheat germ, commercially milled.	Containing some bran and flour	E. P.		11.0	25.2	10.0	4.3	49.5	2.5				389	1,765
Whey		E. P.		93.0	1.0	.3	.6	5.1					27	125
Whitefish, Great Lakes:														
Raw	E. P., flesh	E. P.		69.8	22.9	6.5	1.6	0.					150	680
	A. P., whole	A. P.	54	32.1	10.5	3.0	.7	0.					69	315
Whiting (see Hakes).														
Wild rice:														
Parched or sun-dried	E. P., hulled grain	E. P.		8.6	13.8	.8	1.3	75.5	1.4		62.4		364	1,655
Witloof (see Chicory).														
Yams, winged:														
Fresh	E. P., tubers	E. P.		72.6	2.1	.2	.98	24.1	.8	1.0	17.7		107	485
Yeast:														
Compressed		E. P.		70.9	13.3	.4	2.4	13.0	.3				109	495
Dried (brewer's and baker's)		E. P.		7.0	46.1	1.6	7.9	37.4	.8				348	1,580
Yellowtail:														
Raw	E. P., flesh	E. P.		72.7	21.0	5.4	1.3	0.					133	600
Zwieback		E. P.		4.9	10.9	8.6	1.3	74.3	.3				418	1,895

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